A

CHOICE MANUAL

OF

Rare and Select

SECRETS

IN

PHYSICK

AND

CHYRURGERY;

Collected, and Practiſed by the Right Honorable, the Counteſſe of KENT, late deceaſed.

As alſo moſt Exquiſite ways of Preſerving, Conſerving, Candying, &c.

Publiſhed by *W. I.* GENT.

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To the Vertuous and moſt Noble Lady, LETITIA POPHAM, Wife of the Honorable and truely Valiant Colonell ALEXANDER POPHAM.

Thrice Noble and truely Vertuous Lady,

AFter mature deliberation, what to tender unto your acceptance worthy your Patronage, nothing occurred more probable, than this ſmall Manuall; which was once eſteemed as a rich Cabinet of know-

ledge, by a perſon truely Honorable. May it auſpitiouſly procure but your Honours like friendly Eſtimation, and then I doubt not, but it will find a univerſall acceptance amongſt perſons of greateſt Eminency. Sure I am, it may be juſtly deemed as a rich magazene of experience, having long ſince taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for tht preſent is, my bouldneſſe might be favourablely excuſed, ſince twas my lawfull ambition, thereby to avoid ingratitude for the many ſingular favours I have already received,

received from your endeared truely Honorable Husband, my always true noble friend, and most happy Country-man. God multiplie his blessings on all your noble Family, and make you no lesse honourable heer on Earth, than Eternally happy hereafter: which shall be the daily prayer of him, whose highest Emulation is,

In all due ways abundantly

to Honour and Serve you.

W. J.

TO THE READER.

COURTEOUS READER.

WEll remembring, *that we are all born for the weal-publique good: I here tender to thy perusall this ſmall, and yet moſt excellent Treatiſe, Entituled,* A choice Manuall of rare and Select Secrets in Phyſick. *If thereby thou ſuck abundance of Profit, I ſhall be ſuperlatively glad, but if any, or perchance many unlook'd for miſtaks, for want of a due application, bids thee entertain contrary thoughts, the effect not anſwering thy curious expectation, upon a more ſerious reflex, know, that nothing is abſolutely perfect, and withall, that the richeſt and moſt ſoveraign Antidote may be often miſſapplied: wherefore the fault not being mine, excuſe and ceaſe to cenſure: For which juſt, and but reaſonable favour, thou ſhalt deſervedly oblige me,*

Thine,
W. J.

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A CHOICE MANUALL, OR, RARE AND SELECT SECRETS IN PHYSICK,

By the Right Honourable the Counteſs of *Kent.*

A very good Medicine for a Conſumption, and Cough of the Lungs.

TAke a pound of the beſt Honey as you can get, and diſſolve it in a Pipkin, then take it off the fire, and put in two penniworth of flower of Brimſtone, and two penniworth of pouder of Elecampana, and

two penniworth of the flower of Liquorice, and two penniworth of red Roſewater, and ſo ſtir them together, till they be all compounded together, and put it into a gallie pot, and when you uſe it, take a Liquoriſh ſtick beaten at one end, and take up with it as much almoſt as half a Walnut, at night when you goe to bed, and in the mornings faſting, or at any time in the night when you are troubled with the Cough, and ſo let it melt down in your mouth by degrees.

Sr. John Digbies *Medicine for the Stone in the Kidnies.*

Take a pound of the fineſt Honey, and take ſeven quarts of Conduit water, ſet them on the fire, and when it is ready to ſeeth, ſcum it, and ſtill as the froth doth riſe ſcum it, and put in twenty whole Cloves, and let it ſeeth ſoftly for the ſpace of half an hour, and ſo bottle it up for your uſe, and drink it morning and evening, and at your meat, and no other drinke untill you are well.

A Medicine for the falling Sickneſs.

Take a penny weight of the pouder of Gold, ſix pennie weight of Pearl, ſix pennie weight of Amber, ſix pennie weight of Corrall, eight grains of Bezar, half an ounce of Pionie ſeeds; Alſo you muſt put ſome pouder of dead mans ſcull that hath been an Anatomie, for a Woman, and the pouder of a woman for a man, compound all theſe together, and take as much of the pouder of all theſe as will lye upon a two pence for nine mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Reſtoratives uſe theſe things following.

In any faintneſs take three drops of oyle of Cinnamon, mixed with a ſpoonfull of Sirrup of Gilliflowres, and as much Cinnamon water, drinke this for a Cordiall.

Againſt Melancholie.

Take one ſpoonfull of Gilliflowres, the weight of ſeven Barlie corns of Beverſtone, bruiſe it as fine as flour, and ſo put it into two ſpoonfuls of Sirrup of Gilliflours, and take it four hours after ſupper, or elſe four hours after dinner, this will cheer the heart.

If you be ſick after meat, uſe this.

Take of the beſt green Ginger is preſerved in Sirrup, ſhred it in ſmall peeces, put it into a gallie pot, and put Cinnamon water to it, then after dinner or ſupper, eat the quantity of two Nutmegs upon a knifes point.

Aqua mirabilis.

Take three pints of White wine, one pint of *Aqua vitæ*, one pint of juice of Salandine, one drachm of Cardamer, a drachm of Mellilot flours, a drachm of Cubebs, a drachm of Galingal, Nutmegs, Mace, Ginger and Cloves, of each a drachm

drachm, mingle all theſe together over night, the next morning ſet them a ſtilling in a glaſs Limbeck.

The Vertues.

This Water diſſolveth ſwelling of the Lungs, and being periſhed doth help and comfort them, it ſuffereth not the bloud to putrifie, he ſhall not need to be let bloud that uſeth this water, it ſuffereth not the heart burning, nor Melancholy or Flegm to have dominion, it expelleth urine, and profiteth the ſtomack, it preſerveth a good colour, the viſage, memorie, and youth, it deſtroyeth the Palſie.

Take ſome three ſpoonfuls of it once or twice a week, or oftner, morning and evening, firſt and laſt.

Another way to make Aqua Mirabilis.

Take Galingall, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juyce of Salledine half a pint, adding the juyce Mints and Balm, of each half a pint more, and mingle all the ſaid Spices being beaten into pouder with the juyce,

and with a pint of good *Aqua vitæ*, and three pints of good White wine, and put all theſe together into a pot, and let it ſtand all night being cloſe ſtopt, and in the morning ſtill it with a ſoft fire as can be, the ſtill being cloſe paſted, and a cold ſtill.

A Medicine for the Stone in the Kidnies.

Take a good handful of Pellitor e of the wall, a handfull of Mead Parſley, or Saxifrage, a handfull of wilde Thime, a handful of garden Parſley, three ſpoonfuls of Fennel Seeds, ſix Horſe Raddiſh roots ſliced, then ſhred all theſe together, and put them in a gallon of new milk, and let them ſtand and ſteep in a cloſe pot one whole night, and then ſtill them milk and all together, this muſt be done in *May* or *June*, for then hearbs are in their beſt ſtate, and when it is taken, you muſt put to two or three ſpoonfulls of this water as much White wine, as Renniſh, and if you pleaſe a little Sugar, and ſo take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking

taking the ſame all the yeare, and the Patient undoubtedly ſhall find great eaſe, and void many ſtones, and much gravell with little pain.

To make Horſe Raddiſh drinke.

Take half a pound of Horſe Raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin, croſſe wayes on the root, then put them into ſix quarts of ſmall ale, ſuch as is ready for drinking, which being put into a Pipkin cloſe covered, ſet on the Embers, keeping it little more then bloud warm, for twelve hours, then take it off the fire, and let it ſtand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the morning, faſting two houres after, and the like quantitie at four in the afternoon, this drink is excellent good againſt winds, as alſo for the ſcouring, and Dropſie being taken in time.

An excellent Sirrup againſt Melancholly.

Take four quarts of the juyce of Pear-mains, and twice as much of the juyce of Bugloſſe, and Borrage, if they be to be gotten, a drachm of the beſt Engliſh Saffron, bruiſe it, and put it into the juyce, then take two drachms of *Kermes* ſmall beaten to powder, mix it alſo with the juyce, ſo being mixt, put them into an earthen veſſell, covered or ſtopt forty eight houres, then ſtrain it, and allow a pound of Sugar to every quart of juyce, and ſo boyle it to the ordinary height of a ſirrup; after it is boyled, take one drachm of the Species of Diamber, and two drachms of the Species of *Diamargariton frigidum*, and ſo ſew the ſame ſlenderly in a linnen bag, that you may put the ſame eaſily into the bottle of Sirrup, and ſo let it hang with a thread out at the mouth of the bottle; the Species muſt be put into the Sirrup in the bag, ſo ſoon as the Sirrup is off the fire, whilſt it is hot, then afterwards put it into the bottle, and there let it hang: put but a ſpoonfull or two of Honey amongſt it whilſt

it

it is boyling, and it will make the ſcum riſe, and the Sirrup very clear.

You muſt adde to it, the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Triacle, beaten together in a morter, and with a little *Carduus*, or ſome ſuch water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

An excellent Cordiall.

Take the floures of Marigolds, and lay them in ſmall ſpirit of Wine, when the tincture is fully taken out, pour it off from the floures, and vapour it away, till it come to a conſiſtence as thick as an Electuary.

For a Bruiſe, or Stich, under the Ribs.

Take five or ſix handfuls of Cabbage, ſtamp it, and ſtrain it, after it is boyled in a quart of fair water, then ſweeten it with Sugar, and drink of it a wine Glaſſe, in the morning, and at four in the afternoon, for five or ſix dayes together: then take a Cabbage leafe, and between two diſhes ſtew it, being wet firſt in Canary Wine, and that lay hot to your ſide evenings and mornings.

An excellent Receipt for an Itch, or any foule Scabs.

Take Fox gloves, and boyle a handful of them in poſſet drink, and drink of it a draught at night, and in the morning, then boyle a good quantity of the Fox gloves in fair running water, and annoint the places that are ſore with that water.

A Receipt good for the Liver.

Take Turpentine, ſlice it thinne, and lay it on a Silver, or Purſlane Plate, twice

or

or thrice in the Oven with the bread till it be dry, and ſo make it into powder, every day take as much as will lie on a ſixpence in an Egg

For Flegm, and ſtopping in the throat and ſtomack. D. I.

Take oyle of Almonds, Linſeed oyle, buds of Orange floures, boyle all theſe in Milk, and annoint the ſtomack well with it, and lay a Scarlet cloth next to it.

For an extream Cold and a Cough.

Take of Hyſop water ſix ounces, of red Poppy water four ounces, ſix Dates, ten Figs, and ſlice them ſmall, a handful of Raiſins of the ſun, the weight of a ſhilling of the powder of Licorice, put theſe into the aforeſaid waters, and let them ſtand five or ſix houres upon warm embers cloſe covered, and not boyle, then ſtrain forth the water, and put into it, as much Sugar of Roſes as will ſweeten it, drink of this in themorning, and at four of the clock in the afternoon, and when you goe to bed.

To diſtill Triacle water.

Take one ounce of Harts-horn ſhaved, and boyle it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cipreſſe, Turmentill, and of Citron rindes, of each one ounce, Borrage, Bugloſſe, Roſemary floures, of each two ounces, then take a pound of the beſt old Triacle, and diſſolve it in ſix pints of white Wine, and three pints of Roſe-water, ſo infuſe altogether, and diſtill it.

It is good to reſtore ſpirits, and ſpeech, and good againſt ſwouning, faintneſſe, Agues, and Wormes, and the ſmall Pox.

Triacle water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of ſpirit of Wine, ſet it in horſe-dung four or five dayes, then ſtill it in aſhes or ſand twice over, after take the bottome which is left in the Still, and put to it a pint of ſpirit of Wine, and ſet it in the dung till the tincture be clean out of it, and ſtrain the clear

clear tincture out of it, and ſet it on the fire till it become to be a thick conſiſtence, it muſt be kept with a ſoft fire.

And ſo the like with Saffron.

To take away a Hoarſneſſe.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and ſo roaſt it in the embers, and eat it with Butter.

To take away the Head-ach.

Take the beſt Sallade oyle, and the glaſſe half full with the tops of Poppy floures which groweth in the Corn, ſet this in the Sun a fortnight, and ſo keep it all the year, and annoint the Temples of your head with it.

For a Cough.

Take Sallade oyle, *Aqua vitæ*, and Sack, of each an equall quantity, heat them altogether, and before the fire rub the ſoles of your feet with it.

To make a Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horn ſcraped very fine, then put it into a ſtone Jug, and ſet the Jug in a Kettle of water over the fire, and let it boyle two or three houres untill it jelly, then put into it three or four ſpoonfuls of Roſe-water, or white Wine, then ſtrain it: you may put into it Musk, or Ambergreece, and ſeaſon it as you pleaſe.

To make a Gliſter.

Take half a quart of new Milk, or three quarters, ſet it on the fire, and make it ſcalding hot, then take it off, and put into it a yoalk of a new laid Egg beaten, two ounces of brown Sugar Candie, or Black Sugar, give it the party bloud-warm.

To make a Gliſter.

Take the bone of a neck of Mutton, or Veal clean waſhed, ſet it on the fire

to

to boyl in three pints of fair water, and when it is clean ſcummed, then put in the roots of Fennel and Parſely clean waſhed and ſcraped, of either of them the Roots bruiſed, a handfull of Cammomile, and Mallows a handfull, let all theſe boil together till half be waſted, then ſtrein it, take three quarters of a pint of this broth, brown Sugar Candie two ounces, of Oyle of Flaxſeed two ounces, mingle all theſe together, and take it for a Gliſter bloud-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A Comfortable Cordial to cheer the Heart.

Take one ounce of conſerve of Gilliflowres, four grains of the beſt Musk bruiſed as fine as flower, then put it into alitle tin pot, and keep it till you have need to make this Cordiall following; *Viz.* Take the quantitie of one Nutmeg out of your tin pot, put to it one ſpoonfull of Cinnamon water, and one ſpoonful of the Sirrup of Gilliflours, Amber-greece, mix all theſe together, and drink them in the

the morning, fasting three or four houres, this is most comfortable.

A Cordial for Winde in the Stomack, or any Part.

Take six or eight spoonfuls of Penny-royall water, put into it four drops of oyle of Cinnamon, so drinke it any time of the day, so you fast two houres after.

Restoratives.

Take a well flesht Capon from the barn-door, and pluck out his Intrals, then wash it within with a little white-wine, then flea of all the skin, and take out his bones, and take the flesh, onely cut it in little peeces, and put it into a little stone bottle, and put to it an ounce of white Sugar-candie, six Dates slit, with the stones and piths taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three houres, then take it out, and pour the juice from the meat, and put to it one spoonful of red Rose water, and take the better part for your breakfast four hours before dinner,

and

and the other part at three a clock in the afternoon, being bloud-warm.

Another Reſtorative.

Take half a pint of Claret wine, and half a pint of ale, and make a caudle with a new laid egg, put in half a Nutmeg, cut into two peeces, then take it off the fire, and put in ſeven grains of Ambergreece, drinke this for two breakfaſts, for it will increaſe bloud and ſtrength.

Another Reſtorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in one ſhell, then put in two ſpoonfulls of Claret wine, ſeven grains of Amber-greece ſmall bruiſed, and a little Sugar Candie, ſtir all theſe together, and make them bloud-warm, and ſup them up for a breakfaſt three or four hours before dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off

the skin, and the fat, take the fleſh being cut into ſmall peeces, and put it into a ſtone bottle, then put to it two ounces of raiſins of the Sun ſtoned, large Mace, an ounce and half of Sugar Candie, and ſtop the bottle very cloſe, and let it boil in a Chafer three hours, and ſo put the juice from the meat, and keep it in a clean glaſſe, it will ſerve for three breakfaſts, or if he will, he may take ſome at three a clock in the afternoon being made warm.

A reſtoring Broath.

Take two ounces of Chene roots, firſt ſlit very thin, then put it in a new Pipkin with five pints of running water, being cloſe covered, and ſo ſet it upon embers all night long, where it may be very hot, but not ſeeth, then put to that water, a great cock Chicken, and when it is clean ſcummed, put into it two ſpoonfuls of French Barly, ſix Dates ſlit, with the pithes and ſtones taken out, two ounces of Raiſins of the Sun ſtoned, large Mace, let all theſe boyle together till half be conſumed, then take out the Cock, and

beat

beat the fleſh of it in a clean Morter, and a little of the broth, then ſtrain it altogether throughout a hair Collender, then put in two ſpoonfuls of red Roſe-water, and ſweeten it with white Sugar-candy, drink of this broth being made warm half a pint in the morning early faſting, and ſleep after it if you can, drink a good draught at three of the clock in the afternoon; this broth is very good for a Conſumption, and the longer they taſte it, it is the better.

A Strengthening Meat.

Take Potato roots, roſte them, or bake them, then pill them, and ſlice them into a diſh, put to it lumps of raw marrow, and a few Currans, a little whole Mace, and ſweeten it with Sugar to your taſte, and ſo eat it in ſtead of buttered Parſnips.

Broath for a Conſumption.

Take three Marrow bones, break them in pieces, and boil them in a gallon of water till half be conſumed, then ſtrain the

liquor through a Collender, and let it ſtand while it be cold, then take off all the fat clean, and put the broth into a Pipkin, and put to it a good Cock chicken, and a knuckle of Veal, then put into it the bottome of a white loaf, a whole Mace, two ounces of Raiſins of the Sun ſtoned, ſix Dates ſlit, let all theſe boil together till half be conſumed, then ſtrain it, in ſtead of Almonds take a few Piſtaties kernels, and beat them, and ſtrain them with your broths as you doe Allum milk, and ſo ſweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and ſo continue a good while together, or elſe it will doe you no good.

Another Cordiall.

Take a preſerved Nutmeg, cut it in four quarters, eat a quarter at a breakfaſt, and another in the afternoon, this is good for the head and ſtomack.

A Cordial for a Breakfaſt faſting.

Eat a good peice of a Pomecitron preſerved,

ſerved, as big as your two fingers in length and breadth, and ſo at three of the clock in the afternoon.

A Reſtoring Breakfaſt.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and ſtrain out the juyce, with a draught of ſtrong broath, and take it for a breakfaſt, or to bedward.

A Medicine for any gripings of the Belly.

Take a pint of Claret wine, put to it a ſpoonful of Parſeley ſeed, and a ſpoonful of ſweet Fennel ſeed, half a doſen Cloves, a branch of Roſemary, a wild Mallow root clean waſht and ſcrapt, and with the pith taken out, with a good peece of Sugar; ſet this on the fire, and burn the Claret very well with all theſe things in it, then drinke a good draught of it in the morning faſting, and at three a clock in the afternoon.

To keep the Body Lapintine.

Take half a pint of running water, put it in a new Pipkin with a cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dosen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China *Broth for a Consumption.*

Take *China* root thin sliced two ounces, steep it twenty four houres in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrell, or two Chickens clean dressed, and scum it well, then put in five leaved grasse two handfuls, Maidenhair, Harts tongue, of either half a handful, twenty Dates sliced, two or three

Mace,

Mace, and the bottome of a Manchet, let all theſe ſtew together, untill not above one quart remains, then ſtrain it, and take all the fleſh, and ſweet bones, beat them in a ſtone Morter, and ſtrain out all the juyce with the broth, then ſweeten it with two ounces of white Sugar Candie in pouder, and take thereof half a pint at once, early in the morning warm, and ſleep after it if you can, and two houres before ſupper at your pleaſure, when you ſteep the root, ſlice two drachms of white Sanders, and as much red Sanders, and let them boyl in the broth.

A gentle Purge.

Take an ounce of Damask Roſes, eat it all at one time, faſt three quarters of an hour after, then take a draught of Broth, and dine.

Another Purge.

Take the weight of four or five pence of Rubarb, cut it in little pieces, and take a ſpoonfull or two of good Currants waſht very clean, ſo mingle them toge-

ther, and ſo eat them, faſt an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Conſumption.

Take a courſe Pullet, and ſow up the belly, and an ounce of the conſerves of red Roſes, of the conſervs of Borage, and Bugloſs flours, of each of them half an ounce, Pine apple kernels, and Piſtaties of each half an ounce bruiſed in a morter, two drachms of Amber pouder, all mixed together, and put in the belly, then boyle it in three quarts of water, with Egrimonie, Endive, and Succorie, of each one handful, Sparrowgraſs roots, Fennel roots, Caper roots, and one handfull of Raiſins of the Sun ſtoned, when it is almoſt boiled, take out the Pullet, and beat it in a ſtone Morter, then put it into the liquor again, and give it three or four walmes more, then ſtrain it, and put to it a little red Roſewater, and half a pint of white wine, and ſo drinke it in a morning, and ſleep after it.

To

To prevent Miſcarrying.

Take Venice Turpentine, ſpread it on black brown paper, the breadth and length of a hand, lay it to the ſmall of her back, then give her to drinke a Caudle made of Muſcadine, and put into it the husks of twentie three ſweet Almonds dryed and finely poudred.

For Boils or Kibes, or to draw a Sore.

Take ſtrong Ale, and boil it from a pint to four ſpoonfuls, and ſo keep it, it will be an ointment.

To make Cammomile Oyle.

Shred a pound of Cammomile, and knead it into a pound of ſweet Butter, melt it, and ſtrain it.

A Receipt for the Pluriſie.

Take three round Balls of Horſe-dung, boil them in a pint of white Wine till half be conſumed, then ſtrain it out, and ſweeten

ſweeten it with a little Sugar, and let the Patient goe to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and ſet it on the fire, and when it boils put in a pint of Ale, then take off the curd, and put in nine heads of *Carduus*, let it boil till half bee waſted, then to every quarter of a pint, put a good ſpoonful of wheat-flower, and a quarter of a ſpoonful of groſſe Pepper, and an hour before the fit, let the Patient drinke a quarter of a pint, and be ſure to lye in a ſweat before the fit.

An excellent Balm for a green Wound.

Take two good handfuls of Engliſh Tobacco, ſhred it ſmall, and put it into a pint of Sallet oyle, and ſeeth it on a ſoft fire to ſimper, till the oyle change green, then ſtrain it, and in the cooling put in two ounces of *Venice* Turpentine.

For

For an Ach.

Take of the beſt gall, white Wine Vinegar, and *Aqua vitæ*, of each a like quantity, and boil it gently on the fire, till it grow clammie, then put it in a glaſſe or pot, and when you uſe any of it, warm it againſt the fire, rub ſome of it with your hand on the akeing place, and lay a linnen cloth on it, doe this mornings and evenings.

To make a Searcloth.

Viroſus Wax, *Spermaceti*, *Venice* Turpentine, oyle of White Poppie, oyle of Ben, oyle of ſweet Almonds.

For Wind in the Stomack, and for the Spleen.

Take a handfull of Broom, and boil it in a pint of Beer or Ale, till it be half conſumed, and drinke it for the wind, and the ſtomack, and for the Spleen.

A moſt excellent Water for a Conſumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him when he is almoſt cold, cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into ſuch a Still as you ſtill Roſewater in, and with a pottle of Sack, a pound of Currants, a pound of Raiſins of the Sun ſtoned, a quarter of a pound of Dates the ſtones taken out, and the Dates cut ſmall, two handfulls of wilde Thyme, two handfuls of Orgares, two handfuls of Pimperball, and two handfuls of Roſemary, two handfuls of Bugloſs and Borage flours, a pottle of new Milk of a red Cow, ſtill this with a ſoft fire, put into the glaſſe that the water doth drop into, half a pound of Sugar Candie beaten very ſmall, one book of leaf gold cut ſmall among the Sugar, four grains of Amber greece, twelve grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmall, and drink four ſpoonfuls at a time in the morning faſting, and an houre before ſupper,

upper, you muſt ſhake about the glaſſe when you drinke it.

A Medicine good for the Liver.

Take Turpentine, ſlice it thin, and lay it on a ſilver or Purſlane plate twice or thrice into the Oven with the bread till it bee dry, and ſo make it into pouder every day, take as much as will lye on a ſixpence in an Egg.

For a Bruiſe.

Take ſix ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a morter, and boyle them in a pint of Milk an hour, then ſtrain it very hard and annoint your breaſt and ſtomack with it every morning and evening, and lay a red hoſe upon it.

The Eye-Water for all the Infirmities and Diſeaſes of the Eye.

Take of the diſtilled water of the white wild Roſe, half a pound of the diſtilled water of Celendine, Fennel, Eyebright, and

and Rue, of each two ounces, of Cloves one ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulverise all these Ingredients each by themselves, saving that you must bruise the Campihre with your Sugar-candy, for so it breakes best, then mix all the Pouders together in a paper, put them in a strong glasse, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it; remember to keep it very close stopt; this is *verbatim*, as it was had from the Lord *Kelley*.

A Medicine very good for the Dropsie, or the Scurvy, and to clear the blood.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in four handfuls of Brooklime, four handfuls of Watercresses, four handfuls of water-Mints with red stalkes, half a peck of Scurvy-grasse, let all these be clean picked and washed, and dried with a cloth, and shred

hred with a knife, and then put into a ag, then put in the Ale, and ſtop it cloſe, o that it have no vent, ſtop it with rie aſte; the beſt Scurvy-graſſe groweth by he water ſide: it muſt be ſeven dayes fter the things be in before you drink it. Take two quarts of water, and put in four unces of *Guaiacam*, two ounces of Sarſa-arilla, one ounce of Saxifrage, put it into Pipkin, and infuſe it upon the embers for welve houres, and then ſtrain it, and put t into the Ale as ſoon as it hath done working, this being added makes the more Caudle.

For ſore Eyes.

Take half a pint of red Roſewater, put therein four penny of Alloeſuckatrinay, as much *Bole armoniack* in quantity, let this lie four and twenty houres in ſteep, then waſh your eyes with it evenings and mornings with a feather, and it will help them.

A Sirrup to ſtrengthen the Stomack, and the Brain, and to make a ſweet Breath.

Take rindes while they be new one pound,

pound, of running water the value of five wine pints, then ſeeth it unto three pints, then ſtrain it, and with one pound of Sugar ſeeth it to a Sirupe, and when you take it from the fire, put to it four graines of Musk.

For the burning in the Back.

Take the juyce of Plantain, and womans Milk, being of a woman Child, put thereto a ſpoonfull of Roſewater, and wet a fine cloth in the ſame, and ſo lay it to your Back where the heat is.

A very good Medicine to ſtay the vomiting.

Take of ſpare Mince, Wormwood, and red Roſe leaves dried, of each half a handfull, of Rye bread grated a good handfull, boyle all theſe in red Roſewater, and Vinegar, till they be ſomewhat tender, then put it in a linnen cloth, and lay it to the ſtomack as hot as you can indure it, heating it two or three times a day with ſuch as it was boyled with.

For weakneſſe in the Back.

Take Nixe, and Clary, and the Marrow of an Oxe back, chop them very ſmall, then take the yolks of two or three Eggs, and ſtrain them altogether, then fry them, uſe this ſix or ſeven times together, and after it drink a good draught of Baſtard, or Muskadine.

To make a Cap for the pain and coldneſſe in the Head.

Take of *Storix*, and *Benjamine*, of both ſome twelve pennyworth, and bruiſe it, then quilt it in a brown paper, and wear it behinde on your head.

To make Pectorall Roules for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of ſearſed Licorice, two graines of Muſk, and the weight of two pence of the ſirupe of Licorice, and ſo beat it up to a perfect paſte, with a little ſirupe of Horehound, and a little *Gumdragon* being ſteeped in Roſewater, then toul them in ſmall rouls, and dry them, and ſo you may keep them all the whole year.

A proved Medicine for any one that have an Ague in their Breaſt.

Take the Patients own water, or any others that is very young, and ſet it over the fire, put therin a good handfull of Roſemary, and let it boyle, then take two red clothes and dip them in the water, then nip it hard, and lay it on the breaſt as hot as it may be indured, and apply it till you ſee the breaſt aſſwaged, then keep it very warm.

For the running of the Reines.

Take the Pith of an Oxe that goeth down the back, a pint of red Wine, and ſtrain them together through a cloth, then boyle them a little with a good quantity of Cinnamon, and a Nutmeg, and large Mace, a quantity of Ambergreece, drink this firſt and laſt daily.

For Sun-burnt.

Take the juyce of a Lemon, and a little Bayſalt, and waſh your hands with it, and let

let them dry of themſelves, waſh them again, and you ſhall find all the ſpots and ſtaines gone.

For a Pin and Web, and redneſſe in the eye.

Take a pint of white Roſewater, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut bruiſed, put all theſe in a glaſſe, and ſet them in the Sun one week, and ſhake the glaſſe every day, then take it out of the Sun, and uſe it as you ſhall need.

A ſpeciall Medicine to preſerve the ſight.

Take of brown Fennell, Honeyſuckles of the hedge, of wild Daſies roots picked, and waſhed, and dryed, of Pearl-wort, of Eyebright, of red Roſes the white clipped away, of each of theſe a handfull dry gathered, then ſteep all theſe Hearbs in a quart, or three pints, of the beſt white Wine in an earthen pot, and ſo let it lye in ſteep two or three dayes cloſe covered, ſtirring it three times a day, and ſo ſtill it with a gentle fire, making two diſtillings, and ſo keep it for your uſe.

A proved Medicine for the yellow Jaundies.

Take a pint of Muſcadine, a pretty quantity of the inner bark of a Barberry tree, three ſpoonfuls of the greeneſt gooſe dung you can get, and take away all the white ſpots of it, lay them in ſteep all night, on the morrow ſtrain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very fine beaten, and give it to drink in the morning.

To make Pectorall Roules.

Take one pound of fine Sugar, of Licorice and Anniſe ſeeds two ſpoonfulls, of Elicampane one ſpoonful, of Amber and Corrall, of each a quarter of a ſpoonfull, all this muſt be very finely beaten and ſearſed, and then the quantity that is ſet down muſt be taken, mix all theſe pouders together well, then take the white of one egg, and beat it with a pretty quantitie of Musk, then take a Braſen morter very well ſcoured, and a ſpoonful or two of the Pouders, and drop ſome of the

Egg

Egg to it, ſo beat them to a paſte, then make them in little roules, and lay them on a Plate to dry.

A Plaiſter for a ſore Breaſt.

Take crums of Whitebread, the tops of Mint chopped ſmall, and boil them in ſtrong Ale, and make it like a Poulteſs, and when it is almoſt boyled, put in the pouder of Ginger, and oyle of Thyme, ſo ſpread it upon a cloth, it will both draw and heal.

A Medicine for the dead Palſie, and for them that have loſt their ſpeech.

Take Borage leaves, Marigold leaves or flours, of each a good handfull, boil it in a good Ale Poſſet, the Patient muſt drinke a good draught of it in the morning and ſweat, if it be in the arms or legs, they muſt be chaffed for an hour or two when they be grieved, and at meals they muſt drink of no other drink till their ſpeech come to them again, in Winter if the Hearbs be not to be had, the Seeds will ſerve.

An approved Medicine for an Ach or Swelling.

Take the flours of Cammomile, and Roſe leaves, of each of them a like quantitie, and ſeeth them in white Wine, and make a plaiſter thereof, and let it be laid as hot as may be ſuffered to the place grieved, and this will eaſe the pain, and aſſwage the ſwelling.

An approved Medicine for a ſtinking Breath.

Take a good quantity of Roſemary leaves and flours, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder, and put therein, and let the Patient uſe to waſh his mouth very often therewith, and this will preſently help him.

A good Broth for one that is weak.

Take a part of the neck of Lambe, and a pretty running fowl, and ſet them on the fire in fair Spring water, and when it boyleth

boyleth ſcum it well, ſo done, put in two large Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel root, and a Parſley root, and let them boil, if the party be grieved with heat or cold in the ſtomack; if heat, put in a handfull of Barlie boyled before in two waters, and ſome Violet leaves, Sorrel, Succorie, and a little Egrimonie; if cold, put in Roſemary, Thyme, a Lillie, Marigold leaves, Borage, and Bugloſs, and boyle this from four pints to leſſe then one.

A Receipt for Purging, D. T.

Take the leaves of new Sene ſix ounces, of choſen Rubarb one ounce and half, leaves of Sage, red Dock roots of each an ounce, of Barberies half an ounce, Cinnamon and Nutmegs of each an ounce, Anniſeſeeds and Fennel ſeeds of each ſix drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a groſſe pouder, and hang them in a linnen Bag, in ſix gallons of new Ale, ſo drinke of it faſting in the morning, and at night.

To comfort the ſtomack, and help Windineſs and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace ſeven penniworth, Nutmegs four penniworth, Cinnamon four penniworth, and Galingale two penniworth, of each one ounce, of Cubebs, Corall, and Amber, of each two drachms, of Fennel ſeed, Dill ſeed, and Carraway ſeed, of each one ounce, of Liquorice and Aniſe ſeeds of each an ounce, all beaten into fine pouder, one pound and a halfe of fine beaten Sugar, which muſt be ſet on a ſoft fire, and being diſſolved, the pouders being well mixed therewith till it bee ſtiffe, then put thereunto half a pint of red Roſewater, and mix them well together and put it into a gallie pot, and take thereof firſt in the morning, and laſt in the evening, as much as a good Haſell Nut, with a ſpoonfull or two of red Wine.

To make a Callice for a weak Perſon.

Take a good Chicken, and a peece of the

the neck end of Lamb or Veal, not ſo much as the Chicken, and ſet them on the fire, and when they boyl and are well ſcummed caſt in a large Mace, and the piece of the bottome of a Manchet, and half a handful of French Barlie boyled in three waters before, and put it to the Broth, and take ſuch hearbs as the partie requireth, and put them in when the broth hath boyled half an hour, ſo boyl it from three and a half to one, then caſt it through a ſtrainer, and ſcum off all the fat, ſo let it cool, then take twenty good Jordan Almonds, or more, if they be ſmall, and grind them in a Morter with ſome of the broth, or if you thinke your Broth too ſtrong, grinde them with ſome fair water, and ſtrain them with the broth, then ſet it upon a few coals, and ſeaſon it with ſome Sugar not ſo much, and when it is almoſt boyled, take out the thickeſt, and beat it all to pieces in the morter, and put it in again, and it will doe well, ſo there be not too much of the other fleſh.

For the Gout.

Take ſix drachms of Cariacoſtine faſting in a morning, and faſt two houres after it, you may roll it up in a Wafer, and take it as Pills, or in Sack, as you conceive is moſt agreeable for the ſtomack; this proportion is ſufficient for a woman, and eight drachms for a man, and take it every ſecond day untill you find remedie for it, it is a gentle purge that works onely upon winds and water.

The Poulteſſe for the Gout.

Take a pennie loaf of Whitebread, and ſlice it, and put it in fair water, two Eggs beaten together, a handfull of Redroſe leaves, two penniworth of Saffron dryed to pouder, then take the bread out of the water, and boil it in a quantity of good Milk, with the reſt of the Ingredients, and apply it to the place grieved as warm as you can well indure.

For them that cannot hear.

Put into their eares good dried Suet.

A Soveraign Water good for many Cures and the health of Bodies.

Take a gallon of good *Gaſcoign* wine, White or Claret, then take Ginger, Galingall, Cardomon, Cinnamon, Nutmegs, Grains, Cloves, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, of each of them three drachms, then take Sage, Mints, red Roſe leaves, Thyme, Pellitorie, Roſemary, wild Thyme, wild Majoram; Organy, Pennymontain, Pennyroyall, Cammomile, Lavender, Avans of each of them a handful, then beat the Spices ſmall, and the hearbs, and put all into the wine, and let it ſtand for the ſpace of twelve houres, ſtirring it divers times: Then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt, then will there come a ſecond water which is good, but not ſo good as the firſt; The Vertues of this Water be theſe, It comforteth the Spirit vitall, and preſerveth greatly the Spirit vitall, and preſer-

veth

veth greatly the youth of man, and helpeth all inward diſeaſes coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of Sinnews, and helpeth the conception of the barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth ach, it comforteth the ſtomack very much, it cureth a cold Dropſie, it breaketh the ſtone in the back, and in the reins of the back, it cureth the Canker, it helpeth ſhortly the ſtinking Breath, and whoſoever uſeth this water oft, it preſerveth them in good liking; This Water will be the better if it ſtand in the Sun all the Summer, and you muſt draw of the firſt water but a pint, and of the ſecond as farre as it will run, untill the whole gallon of Wine and Hearbs be all done out, but the laſt water is very ſmall, and not half ſo good as the firſt; if you doe draw above a pint of the beſt water, you muſt have of all things more, as is before ſaid.

To ſtanch the bleeding of a Wound.

Take a Hounds turd, and lay that on a hot coal, and binde it thereto, and that ſhall

ſhall ſtanch bleeding, or elſe bruiſe a long Worm, and make pouder of it, and caſt it on the wound, or take the ear of a Hare, and make pouder thereof, and caſt that on the wound, and that will ſtanch bleeding.

For ſpitting of Blood, after a Fall or Bruiſe.

Take Bittanie, Vervain, Noſebled, and five leaved graſſe, of each alike, and ſtamp them in a Morter, and wring out the juyce of them, and put to the juyce as much Goats milk, and let them ſeeth together, and let him that is hurt drinke of that liquor ſeven dayes together, till the waxing of the Moon, and let him drink alſo Oſmorie and Cumferie with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth Bloud.

Take the juyce of Bittanie and temper that with good Milk, and give the ſick to drink four dayes, and he ſhall be whole.

For

For to know whether he that hath the Flux ſhall live or die.

Take a pennie weight of Trefoyle ſeed, and give it him to drinke in Wine or water, and doe this three dayes, and if it ceaſe, he ſhall live, with the help of Medicine, if not, he ſhall die.

For to ſtanch the bleeding of a Vein.

Take Rue and ſeeth it in water, and after ſtamp it in a Morter, and lay it on the Vein, then take Lambs wooll that was never waſhed, and lay that thereon, and that ſhall ſtanch bleeding.

For a Vein that is evill ſmitten.

Take Beanes, and peel away the lacke, and ſeeth them well in Vinegar, and lay them on the Vein hot in manner of a Plaiſter.

For one that piſſeth Blood.

Take and ſeeth Garlick in water, till the

the third part be waſted away, let him drinke of the water, and he ſhall be whole.

For a Woman travelling with child.

Take and give her Titany to drink in the morning, and ſhee ſhall be delivered without peril, or elſe give her Hyſop with water that is hot, and ſhee ſhall be delivered of the child although the child be dead and rotten, and anon when ſhee is delivered give her the ſame without Wine, or binde the hearb Argentine to her noſtrils, and ſhe ſhall be ſoon delivered, or elſe Polipodie and ſtamp it, and lay that on the womans foot in manner of a Plaiſter, and ſhe ſhall be delivered quick or dead, or elſe give her Savorie with hot water, and ſhee ſhall be delivered.

For one that hath ſurfeited, and cannot digeſt.

Take the bottome of a wheaten loafe, and toſt it at the fire, till that be very brown and hard, and then take a good quantity

quantity of *Aqua vitæ*, and put that upon the ſame ſo toſted, and put that in a ſingle linnen cloth, and lay that at the breaſt of the Patient all night, and with the help of God he ſhall recover, and he ſhall vomit or purge ſoon after.

A Water to comfort weake eyes, and to preſerve the ſight.

Take a gallon and a half of old wheat fair and clean picked from all manner of ſoil, and then ſtill it in an ordinary ſtill with a ſoft fire, and the water that comes of it muſt be put in a glaſſe, then take half a pound of white Sugar Candie, and bruiſe it in a morter to pouder, and after three dayes when the water hath been in a glaſſe, then put in the pouder Candie, then take an ounce of *Lapis Stewſe* prepared, and put it into the glaſſe to the reſt of the ſtuffe, then take an ounce of Camphire, and break it between your fingers ſmall, and put it into the glaſſe, then ſtop the glaſſe cloſe, and the longer it ſtands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar Candie, as much as a Cheſnut, and put it into three or four ſpoonfulls of White-wine to ſteep, then take it out again, and dry it, and when it is dry bruiſe it in a clean Morter that muſt taſte of no ſpice, then put it upon a piece of whitepaper, and ſo hold it to the fire that it may be through dry, and then fearce it through a little ſieve.

For hot Eyes and red.

Take ſlugs, ſuch as when you touch them will turn like the pummel of ſwords, a dozen or ſixteen, ſhake them firſt in a clean cloth, and then in another, and not waſh them, then ſtamp them, and put three or four ſpoonfuls of Ale to them, and ſtrain it through a dry cloth, and give it the partie morning and evening, firſt and laſt.

For Cornes.

Take fair water half a pint; Mercurie

ſublimate, a penniworth, Allum as much as a Bean, boyle all theſe together in a glaſs Still, till a ſpoonfull be waſted, and alwaies warm it when you uſe it, this water is alſo good for any Itch, Tetter, Ringworm, or Wart.

A Searcloth for a Sore or Sprain, or any Swelling.

Take Vervain ſeven ounces, of *Siros* ſeven ounces, of Camphire three drachms, of oile of Roſes ten ounces, let the Wax and the Oyle boil till the Wax be melted, then put in your *Siros* finely beaten, ſtirring it one the fire till it look brown; Then put in the Camphire finely beaten, and let it boil two or three walmes, and then dip in your cloths.

A Poulteſs for a Swelling.

Take a good handfull of Violet leaves, and as much Groundſel, half a handfull of Mallows, and half a handful of Chickweed, cut all theſe with a knife, and ſo ſeeth them well in conduit water, and and thicken it with Barlie meal, being finely

finely ſifted, and ſo roule it ſure, and lay it to the ſwelled place, and ſhift it twice a day.

To make a ſtrong Water good for a Canker, or any old Sore, or to eat any lump of fleſh that groweth.

Take of Celandine a handfull, of red Sage a handfull, and of Woodbind leaves a handfull, ſhred all theſe together very ſmall, and ſteep them in a quart of white Wine, and a pint of Water, letting it ſtand all night, and on the morrow ſtrain it, and put therein of Borex nine pennyworth, of Camphire nine pennyworth, and of Mercury four pennyworth, and ſet them on a ſoft fire, boyling ſoftly for the ſpace of an hour, and when you will uſe it warm a little of it, dip it in a cloth, and lay it to the Sore, or in any Cotten.

To heal any Bruiſe, Sore, or Swelling.

Take two pound of Wax, and two pound of Roſin, and two pound and a half of Butter, and four ſpoonfuls of Flower, and two good ſpoonfuls of Honey, put

in your Wax, Roſin, and your Butter altogether, boyle all theſe together and clarifie it, then put in two ounces of Carmerick, and when it hath thus boyled a quarter of an hour, put a little water in a diſh, and put it in, and let it ſtand till it be cold, and when you will uſe it, you may melt it on a ſoft fire, and put in your clothes and make Searcloth, and you may ſpred it plaiſterwiſe to heal any Wound.

A Medicine for any Wound old or new.

Take a pint of Sallade oyle, and four ounces of Bees Wax, and two ounces of Stone-pitch, and two ounces of Roſin, and two ounces of *Veniſe* Turpentine, and one pennyworth of Frankincenſe, and a handfull of Roſemary tops, and a handfull of Tutſon leaves, and a handfull of Plantain leaves; theſe Hearbs muſt be ſtamped, and the juyce of them put to the things aforeſaid, and let them boyle altogether about a quarter of an hour, or thereabouts, this being done, put it into an earthen pot, and when it is cold you may uſe it as you have occaſion, and

keep

keep it two year a moſt excellent Medicine.

A Medicine for a Wen.

Take black Sope, and unquencht Lime, of each a like quantity, and beat them very ſmall together, and ſpread it on a wollen cloth, and lay it on the Wen, and it will conſume it away.

For breaking out of Childrens heads.

Take of white Wine, and ſweet Butter, a like, and boyle them together till it come to a Salve, and ſo annoint the head therewith.

For to mundifie, and gently to cleanſe Ulcers, and to break new fleſh.

Take Roſin eight ounces, *Colophonia* four ounces, *Era, & Olia, ana.* one pound, *Adipis ovini, Gum Ameniaci, Opoponaci, ana.* one ounce, fine *Ervginis raris*, boyl your Wax, *Colophony*, and Roſin, with the Oyle together, then ſtrain the Gums, being firſt diſſolved in Vinegar, and boyle it with a

gentle fire, then take it off, and put in your *Verdigreece*, and fine powder, and uſe it according to Art.

A Fomentation.

Take the liquour wherein Neats feet have been boyled, with Butter, and new Milk, and uſe it in manner of a Fomentation.

For the falling Sickneſſe, or Convulſions.

Take the dung of a Peacock, make it into powder, and give ſo much of it to the Patient as will lie upon a ſhilling, in Succory water faſting.

For a Tetter, proceeding of a ſalt humour, in the Breaſt and Paps.

Annoint the ſore place with Tanners Owſe.

For the bloudy Flux.

Take the bone of a Gammon of Bacon, and ſet it up an end in the middle of a Charcoal

Charcoal fire, and let it burn till it looks like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the ſick.

A Plaiſter for all manner of Bruiſes.

Take one pound of mede Wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps Tallow, ſhred them, and ſeeth them ſoftly, and put them to a little white Wine, or good Vinegar, and take of Frankincenſe, and Maſtick, of each half an ounce in powder, and put it to, and boyle them altogether, and ſtill them till it be well relented, and ſpread this ſalve upon a mighty Canvas that will over-ſpread the Sore, and lay it thereon hot till it be whole.

To make an Ointment, called Flos Unguentorum.

Take Roſin, *Perroſin*, and half a pound of Virgin Wax, Frankincenſe a quarter of a pound, of Maſtick half an ounce, of Sheeps Tallow a quarter of a pound, of Camphire two draclms, melt that that is to

melt, and powder that that is to powder, and boyl it over the fire, and ſtrain it through a cloth into a pottle of white Wine, and boyle it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and ſtir all well together till it be cold, and keep it well: This Ointment is good for Sores old and new; it ſuffereth no corruption in the Wound, nor no evill fleſh to be gendered in it; and it is good for head-ach, and for all manner of Impoſthumes in the head, and for wind in the brain, and for Impoſthumes in the body, and for boyling eares and cheeks, and for ſauce-flegm in the face, and for Sinewes that be knit, or ſtiffe, or ſprung with travall; it doth draw out a Thorn, or Iron, in what place ſoever it be, and it is good for biting or ſtinging of venomous Beaſts; it rotteth and healeth all manner of Botches without, and it is good for a Feſter, and Canker, and *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and ſwelling of many Members, and for all Members, and it ceaſeth the Flux of Menſtrua, and of Emeroides,

roides, and it is a ſpeciall thing to make a fumed cloth to heal all manner of Sores, and it ſearcheth fartheſt inward of any Ointment.

An Ointment for all ſort of Aches.

Take Bettany, Cammomil, Celendine, Roſemary, and Rue, of each of them a handful, waſh the Hearbs and preſſe out the water, and then chop, or ſtamp them very ſmall, and then take freſh Butter unwaſhed and unſalted a quart, and ſeeth it untill half be waſted, and clarified, then ſcum it clean, and put in of oyle Olive one ounce, a piece of Virgins Wax for to harden the Ointment in the ſummer time, and if you make it in the Winter, put into your Ointment a little quantity of Footſenne inſtead of the Virgins Wax.

An excellent Syrupe to purge.

Take *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarſaparilla two ounces, Damask Prunes four ounces, Ginger ſeven drachms, Anniſeeds one ounce, Cumminſeeed half an ounce,

ounce, Carraway ſeeds half an ounce, Cinnomon ten drachms, *Ariſtolochia rotunda*, *Peonia*, ofeach five drachms, Rubarb one ounce, Agarick ſix drachms, Tamarisk two handfulls, Boil all theſe in a gallon of fair water unto a pottle, and when the liquor is boyled half away, ſtrain it forth, and then put in your Rubarb and Agarick, in a clean thin handkercher, and tye it up cloſe, and put it into the ſaid liquor and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of ſix ſpoonfulls or more, or leſſe as you find it worketh in you.

To make drinke for all kind of Surfets.

Take a quart of *Aqua*, or ſmall *Aqua vitæ*, and put in that a good handfull of Couſlip flours, Sage flours a good handfull, and of Roſemary flours a handful, ſweet Majoram a little, Pellitorie of the wall, a little Bittanie and Balm of each a prettie handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennelſeed, Anniſe ſeed, Colliander ſeed, Carraway ſeed, Gromel ſeed, Juniper berries,

of

of each a drachm, bruiſe your ſpices and ſeeds, and put them into your *Aqua* or *Aqua vitæ*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar, ſtir them together, and put them in a glaſſe, and let it ſtand nine dayes in the Sun, and let it be ſtirred every day, it is to be made in *May*, ſteeped in a wide mouth'd glaſſe, and ſtrained out into a narrow mouth'd glaſs.

A Medicine for the Reins of the Back.

Take Houſleek, and ſtamp, and ſtrain it, then dip a fine linnen cloth into it, and lay it to the reins of the back, and that will heal it.

A Medicine for the Ache in the Back.

Take Egrimonie, and Mugwort, both leaves and roots, and ſtamp it with old Bores greaſe, and temper it with Honey and Eyſell, and lay it to the back.

For a Stitch.

Take Roſes, and Cammomile, of each a hand-

a handfull, and oyle of Roſes, and oyle of Cammomile, of both together a ſaucer-full, and a quantity of Barlie flower, boil all theſe together in milk, and then take a linnen bag, and put it therein, and lay the plaiſter as hot as may be ſuffered where the ſtitch is.

To make a Salve for Wounds that be cankered, and doe Burn.

Take the Juyce of Smallage, of Morrel, of Waberd, of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat flower, and ſtir them together till it be thick, but let it come nigh no fire but all cold, let it be laid on raw to the ſore, and it ſhall cleanſe the wound.

A Medicine for Bone-ach.

Take Brooklime, and Smallage, and Daiſes, with freſh Sheeps tallow, and fry them together, and make thereof a Plaiſter, and lay it to the ſore, all hot.

For

For Sinews that are ſhrunk.

Take young Swallows out of the neſt, a dozen or ſixteen, and Roſemarie, Lavender, and rotten Strawberie leaves, ſtrings and all, of each a handfull, after the quantity of the Swallows, the feathers, guts and all, bray them in a morter, and fry all them together, with *May* Butter, not too much, then put it into an earthen pot, and ſtop it cloſe nine dayes, then fry it again with *May* Butter, and fry it well, and ſtrain it well, when you ſhall uſe it chafe it againſt the fire.

A Water for the biting of a mad Dog.

Take Scabios, Matſiline, Yarrough, Nightſhade, wild Sage, the leaves of white Lillies, of each a like quantity, and ſtill them in a common ſtill, and give the quantity of three or four ſpoonfulls of the Water mingled with half a ſpoonfull of Triacle, to any man or beaſt that is bitten, within three dayes after the biting, and for lack of the water, take the juyce of theſe Hearbs mingled with Triacle,

it

it will keep the ſore from rankling ; take Dittanie, Egrimonie, and ruſtie Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

To kill a Fellon.

Take red Sage, white Sope and bruiſe them, and lay it to the Fellon, and that will kill it,

To breake a Felon.

Take the grounds of Ale, and as much Vinegar, the crumbs of leavened bread, and a little Honey and boil them altogether till they be thick, and lay that hot to the joynt where the Felon is, and that will heal it.

Doctor Stevens *Soveraign Water.*

Take a gallon of good Gaſcoign wine, then take Ginger, Galingal, Cancel, Nutmegs, grains, Cloves, Anniſe ſeeds, Carraway ſeeds, of each a drachm, then take Sage, Mints, red Roſes, Thyme, Pellitorie, Roſemary,

Roſemary, wild Thyme, Cammomile, Lavender, of each one handfull; then bray both the Spices and the hearbs, and put them all into the Wine, and let them ſtand for twelve hours, divers times ſtirring them, then ſtill that in a Limbeck, but keep that which you ſtill firſt by it ſelf, for that is the beſt, but the other is good alſo, but not ſo good as the firſt.

The Vertues of this Water are theſe, It comforteth the ſpirits Vitall, and helpeth the inward diſeaſes which come of cold, and the ſhaking of the Palſie, that dureth the contraction of ſinnews, and helpeth the conception of women that be barren, it killeth worms in the body, it cureth the cold cough, it helpeth the toothach, it comforteth the ſtomack, it cureth the cold Dropſie, it helpeth the ſtone, it cureth ſhortly the ſtinking breath, and who ſo uſeth this water enough, but not too much, it preſerveth him in good liking making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Melilot, Cardamome, Mace, Nutmegs,

of

of each a drachm, and of the juyce of Celendine half a pint, and mingle all theſe made in pouder with the ſaid juyce, and with a pint of good *Aqua vitæ*, and three pints of good white Wine, and put all theſe together in a ſtill of glaſſe, and let it ſtand ſo all night, and on the morrow ſtill it with an eaſie fire as may be.

The Vertue is of ſecret nature, it diſſolveth the ſwelling of the Lungs without any grievance, and the ſame Lungs being wounded, or periſhed, it helpeth and comforteth, and it ſuffereth not the bloud to putrifie, he ſhall never need to be let bloud that uſeth this Water, and it ſuffereth not the heart to be burnt, nor melancholly or flegm to have dominion above Nature, it alſo expelleth the Rheum, and purifieth the ſtomack, it preſerveth the viſage, and the memorie, and deſtroyeth the Palſie, and if this water be given to a man or woman labouring toward death, one ſpoonfull relieveth: in the Summer time, uſe once a week faſting the quantity of one ſpoonful, and in Winter two ſpoonfuls.

A Medicine for them that have a pain after their child bed.

Take Tar and freſh Barrows greaſe, and boil it together, then take Pigeons dung, and fry it in freſh greaſe, and put it in a bag.

For the drinke, Take a pint of Malmſey and boil it, and put Bay berries in it, and Sugar, the Bay berries muſt be of the whiteſt, and put therein ſome Sanders.

Take ſome fair water, and ſet it over the fire, and put ſome ground Malt in it, when they uſe theſe things they muſt keep their bed.

For Running of the Reins.

Take *Venice* Turpentine rolled in Sugar and Roſewater, ſwallow it in prettie rouls, and put a peece of Scarlet warm to your back.

For Codds that be ſwollen.

Stamp Rue, and lay thereto.

To draw an Arrow head, or other Iron out of a Wound.

Take the juyce of *Valerian*, in the which you ſhall wet a Tent, and put it into the wound, and lay the ſame Hearb ſtamped upon it, then your band or binding as appertaineth, and by this meanes you ſhall draw out the Iron, and after heal the wound as it requireth.

A Plaiſter for a green Wound.

Take Flower and Milk, and ſeeth them together till it be thick, then take the white of an Egg, and beat them together, and lay it to the Wound, and that will keep it from rankling.

For a Laske.

Take an Egg, and *Aqua vitæ*, and boil it with the Egg till it be dry; then take Cinnamon and Sugar, and eat it with the Egg.

For him that hath a bunch or knot in his head, or that hath his head ſwollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaiſter, the which you ſhall lay hot to his head, and it will altogether aſſwage the ſwelling, and heal it perfectly.

Againſt the biting of any venomous Beaſt.

As ſoon as the perſon feeleth himſelf bit with any venomous beaſt, or at leaſt, as ſoon as is poſſible, let him take green leaves of a Fig-tree, and preſſe the milk of them three or four times into the Wound: and for this alſo ſerveth Muſtard-ſeed mingled with Vinegar.

A perfect Remedy for him that is ſore wounded with any Sword or Staffe.

Take *Taxus barbatus* and ſtamp it, and take the juyce of it, and if the Wound bleed, wipe it and make it clean, waſhing it with white Wine or water, then lay the ſaid juyce upon the Wound, and the hearb, whereof you take the juyce, upon it, then make your band, and let it abide on a whole day, and you ſhall ſee a wonderful effect.

A Bag to ſmell unto for Melancholly, or to cauſe one to ſleep.

Take dry Roſe leaves, keep them cloſe in a glaſſe which will keep them ſweet, then take powder of Mints, powder of Cloves in a groſſe powder, and put the ſame to the Roſe leaves, then put all theſe together in a bag, and take that to bed with you, and it will cauſe you to ſleep, and it is good to ſmell unto at other times.

For ſpitting of Blood.

Take the juyce of Bettony tempered with Goates Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings and Heat.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Bores greaſe, one pound of Butter, and oyle of Neats foot a quantity, ſtamp them well together, then fry them, and ſtrain them into an earthen pot, and keep it for your uſe.

A Salve for a new Hurt.

Take the whiteſt Virgins Wax you can get, and melt it in a pan, then put in a quantity of Butter, and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your hands, and make it in a round ball, and ſo keep it, and when you will uſe it, work ſome of it between your hands, and ſtrike

it upon a cloth, and lay it upon the Sore, and it will draw it and heal it.

Againſt the biting of a mad Dog, and the rage or madneſſe that followeth a man after he is bitten.

Take the Bloſſomes or Floures of wild Thiſtles dryed in the ſhade, and beaten to powder, give him to drink of that powder in white Wine half a Walnut ſhell full, and in thrice taking it, he ſhall be healed.

Againſt the griefin the Lungs, and ſpitting of Bloud.

Take the Hearb, called of the Apothecary *Ungula Caballina*, in Engliſh Colts-foot, incorporate it well with the Lard of a Hog chopped, and a new laid Egg, boyle it together in a pan, and give it the Patient to eat, doing this nine mornings, you ſhall ſee a marvellous thing, this is alſo good to make a man fat.

Againſt

Againſt ſpitting of Blood by reaſon of ſome vein broken in the Breaſt.

Take Miſe-dung beaten into powder as much as will lye upon a groat, and put it in half a glaſſe-ful of the juyce of Plantain with a little Sugar, and ſo give the Patient to drink thereof in the morning before breakfaſt, and at night before he goe to bed, continuing the ſame, it will make him whole and ſound.

For to cleanſe the Head.

Take Pellitory of *Spain*, and chew the roots three dayes a good quantity, and it will purge the head, and doe away the ach, and Faſten the teeth in the gummes.

A good Remedy againſt the Pluriſie.

Open a white Loaf in the middle new baked, and ſpread it well with Triacle on both the halfes on the crown ſide, and heat it at the fire, then lay one of the halfes on the place of the diſeaſe, and the other

half on the other ſide of the body directly againſt it, and ſo bind them, that they looſe not nor ſtirre, leaving them ſo a day and a night, or untill the Impoſthume break, which I have ſometimes ſeen in two houres or leſſe, than take away the bread, and immediately the Patient will begin to ſpit and void the putrefaction of the Impoſthume, and after he hath ſlept a little, yee ſhall give him meat, and with the help of God he ſhall ſhortly heal.

For a Pin or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is greived, and ſo cloſe it up, and moſt aſſuredly the Lice will ſuck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be uſed in a Fit of the Stone, when the water ſtops.

Take the freſh ſhels of Snails, the neweſt will look of a reddiſh colour, and are beſt, take out the Snails, and dry the ſhels with

with a moderate heat in an oven after the bread is drawn; likewiſe take Bees and dry them ſo, and beat them ſeverally into powder, then take twice ſo much of the Bees powder as the Snails, and mix them well together, keep it cloſe covered in a glaſſe, and when you uſe it, take as much of this powder as will lye upon a ſixpence, and put it into a quarter of a pint of the ſtilled water of Bean ſ ures, and drink it faſting, or upon an empty ſtomack, and eat nor drink nothing for two or three houres after.

This is good to cauſe the party to make urine, and bring away the gravell or ſtone that cauſeth the ſtopping, and hath done very much good.

A Syrupe for the pain in the ſtomack.

Take two good handfuls of young Rue, boyle it in a quart of good white Wine Vinegar till it be half conſumed, ſo ſoon as it is thorough cold ſtrain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boyle it till it come to a Syrupe, when you uſe it, take a good ſpoonfull of this in the morning

ing fasting, and eat nor drink nothing for two or three houres after, it is good for pain in the stomack that proceeds of windy vapours, and is excellent good for the Lungs, and obstructions of the breast.

Receipts for Bruises, approved by the Lady of Arundell.

Take black Jet, beat it to powder, and let the Patient drink it every morning in beer till he be well.

Another for the same.

Take the sprigs of Oak trees, and put them in paper, roast them, and break them, and drink as much of the powder as will lye upon a sixpence every morning, untill the Patient be well.

To cause ease Labour.

Take ten or twelve dayes before her looking six ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raisins of the Sun stoned, two ounces of

of Dates unſtoned ſliced, half an ounce of Anniſe-ſeeds bruiſed, a quarter of an ounce of Cowſlip Floures, one drachm of Roſemary floures, put theſe in a fine lawn bag with a flint-ſtone, that it may ſink into a pottle of white Wine, let it ſteep four and twenty houres, and after take of it, in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glaſſe full.

A Cordiall for the Sea.

Take one ounce of Syrupe of Clove-Gill-floures, one drachm of *Confectio alebermis*, one ounce and a half of Borrage water, and the like of Mint water, one ounce of Mr. *Mountfords* water, and as much of Cinnamon water, temper all theſe together in a Cordiall, and take a ſpoonfull at a time when you are at Sea.

A Plaiſter to ſtrengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincenſe beaten into fine powder, mingle them well together, put in as much Barly flower as will make it

it thick for a plaiſter, ſpread it on leather, lay it to the ſmall of the back, letting it lye nine houres, uſe four plaiſters one after another, you muſt ſlit the plaiſter in the midſt, ſo as it may not lye on the back bone.

A preſent Remedy for a woman with child, that hath taken harm by fall, or fright, or any miſchance.

To ſtay the Child and ſtrengthen it, take one ounce of Pickerell jawes, fine beaten and ſearſed, of Dates ſtones, and *Bole armoniack*, of each one ounce, of *Sanguis draconis* half an ounce, give of theſe, being well ſearſed and mingled together, a French Crown weight in Muskadine or Malmſey, and let the woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of white Lead half a pound, boil theſe in three pints of Sallet oyle in a Pipkin, ſtirring them continually with a peece of Iron, untill it be of a gray colour, then roul

roul it up in rouls and keep it for your uſe.

Oyle of Saint Johns Wort.

Take a quart of Sallet oyle, put thereto a quart of flour of S. *Johns wort* well picked, let them lye therein all the year till the ſeeds be ripe, the glaſſe muſt be kept warm, either in the Sun, or in water all the Summer untill the ſeeds be ripe; then put in a quart of S. *Johns Wort* ſeeds whole, and ſo let it ſtand twelve hours, then you muſt ſeeth the oyle eight hours, the glaſſe being kept open, and the water in the pot full as high as the oyle is of height in the glaſſe, then when it is cold ſtrain it, that the ſeeds may remain, not in the oyle, and then put up the oyle for your uſe.

A green Salve for an old Sore.

Take a handfull of Groundſell, as much Houſleek, of Marigold leaves a handfull, pick and wipe theſe Hearbs clean, but waſh them not, then beat all theſe Hearbs in a wooden boul, as ſmall as is poſſible, then

ſtrain

ſtrein out all the juyce, and put in a quantity of Hogs greaſe, as much as two eggs, beat all theſe together again, and then put in the juyce again, and put in 10 Eggs, yolks and whites, and five ſpoonfuls of Engliſh honey, and as much wheat flower, as will make all this as thick as a ſalve, and ſo ſtir it very well together, and put it cloſe up in a pot, that it take no ayre, and ſo keep it for your uſe.

A moſt Excellent pouder for the Colick and Stone.

You muſt take it morning and evening before you goe to bed, *Sperma ceti* one ounce and half, Cloves and Mace one quarter of an ounce, Anniſe ſeeds and *Perſtone* of each two ounces, Cinnamon and ſmall Pepper, of each one quarter of an ounce, Date ſtones a quarter of an ounce, Liquorice, Fennel, Red Sage, Bay berries, of each three quarters of an ounce, Acornes one quarter and half of an ounce, Lillie roots two drachms, the white of Oyſter ſhels burned in the fire one quarter of an ounce; beat all theſe into fine pouder, and drinke as much thereof in

Ale or Beer, as will lye on a ſixpence, and faſt one hour or two after it: if the partie be ſore grieved, take one handfull of Parſely, and ſeeth it in Ale untill half be ſod away, with twentie or thirtie Prunes therein ſtreined, and put thereto two ſpoonfulls of this pouder, and drinke it mornings and evenings ſomewhat warm.

A preſent Remedie for the Running of the Reins.

Take an ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick and lay it in Papers, and beat it with a hammer very ſmall and put a little Corral well beaten unto it, and as much Ambergreece, then mingle theſe things together with Sugar, and make it pleaſant to eat, and ſo take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of Water Dittanie,

two

two handfuls of Roſemary ſhred very ſmall, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallet oyle, half a pint of white Wine, boil all theſe together, while the white Wine be quite conſumed, then it will bee green, and come to the height of a Salve.

A proved Medicine for a burning or ſcalding by lightning or otherwiſe.

Take Hogs greaſe, or Sheeps Treacles, and Alehooſe, beat theſe very well together, then take more Hogs greaſe, and boil it to a Salve.

To uſe it.

Annoint the place grieved with this ointment, and then lay upon the ſore ſo annointed Colewort leaves, which muſt be boyled very ſoft in water, and the ſtrings made ſmooth, with beating them with a Peſtel.

A Pouder for the green Sickneſſe, approved with very good ſucceſs upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them ſeverally

ſeverally, and then altogether very well, fine Sugar very ſmall beaten one quarter of a pound, and then mix and beat them all four together, Pearl the ſixt part of half an ounce very finely beaten, mingle it with the reſt, and beat them altogether again, the filing of Steel or Iron one ounce and a quarter, ſift it very fine, and mingle it with the reſt, but if ſo ſmall a quantity will not ſerve, adde a quarter more of the mettall, let it be ſifted before you weigh it, but if all this will not ſerve the turn, put in a little Rubarb, or a little *Alexakatrina.*

The manner of uſing this pouder.

In the morning when you riſe take half a ſpoonful of it, take as much at four a clock in the afternoon, and as much when you go to bed, walk or ſtir much after the firſt takings of it, I mean every morning and evening, faſt one hour after the taking of it, or more, and then eat ſome Sugar ſops or thin broath.

The Patients Diet.

She muſt forbear Oatmeal in broth or any other thing, Cheeſe, Eggs, Cuſtards,

or any ſtopping meat. Take care that this be not given to any woman that hath conceived, or is with child.

A Drink to ſtanch bloud inwardly.

Take the juyce of one handfull of Shepherds purſe, of Parſley, and Five-finger, of each as much, take five ſlips of Egrimony, ſtrain all theſe juyces into the milk of a red Cow, and drinke thereof early and late warm.

A Pouder to keep the Teeth clean, and from Worm-eaten.

Take Roſemary burned to aſhes, Cuttles Bone, Harts-horn burned to pouder, *Sal gemmæ* twelve pennie weight, the floures of Pomegranets, White Coral, of each ſix pennie weight, make all theſe in pouder, and with a little Roſewater and a Sage leaf rub the Teeth.

A Salve to heal all manner of Sores and Cuts.

Take one pint of Turpentine, one pint of

of Oyle olive, a quarter of a pint of running water, nine branches of Roſemary, one ounce of unwrought Wax, two ounces of Roſet, ſeeth all theſe together in a little pan over the fire, let it ſeeth untill there ariſe a little white ſcum upon it, then ſtir it with a ſtick, ſuffering it to boil untill one quarter be conſumed, then take it from the fire, ſtrain it through a courſe cloth, but it muſt be done quickly after it be taken from the fire for cooling, after you have ſtrained it into an earthen pot, let it cool, and keep it for your uſe.

To make Oyle of Sage good for the grief in any joynt, or for any ach.

Take Sage and Parſley, ſeeth them in oyle Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomack, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water-creſſes, young Mallows, Borage, and Fennel roots pared, Mercurie, Harts tongue, and Cla-

rie, and make of theſe Pottage.

To drive infectious Diſeaſes from the Heart.

Take of Mithridate, and Centurie, of each two ounces, eight ſpoonfuls of Dragon water, one pint of White wine, ſeven ſpoonfuls of *Aqua vitæ*, boil altogether a little, ſtrain it, then ſet it on the fire again a little while, and drinke of it morning and evening.

For the Tooth-ach.

Take Pepper, and Grains, of each one ounce, bruiſe them, and compound them with the water of the diſeaſed, and make it of a good thickneſſe, and lay it outwards on the cheek, againſt the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make pouder of it, burnt Allum, Bay Salt dryed, make all in fine pouder, and lay it to the tooth where the pain is, and alſo rub the gums with it

For the Strangulion or the Stone.

Take the inner rind of a young aſh, between two or three yeares of growth, dry it to pouder, and drinke of it as much at once, as will lye on a ſixpence in Ale or White wine, and it will bring preſent remedie: The partie muſt be kept warm two hours after it.

For the Stone.

Take the ſtone that groweth within the gall of an Oxe, grate it, and drink of it in White wine, as much as will lye upon a ſixpence at once, for want of white wine make a poſſet of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitorie therein, and drinke of the pouder with it.

For the Black Jaundies.

Take earthen Wormes, waſh them in white Wine, then dry them, and beat them into pouder, and put to a little Saffron, and drinke it in beer.

A drawing Salve for an old Sore.

Take Roſin half a pound beaten to pouder, Sheeps tallow, one quarter of a pound, melt them together, and pour them into a Baſon of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing of it up and down the ſpace of one hour till it be very white, then make it up in rouls, and reſerve it to ſtrike thin Plaiſters upon old Sores.

A Water to waſh Sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honie two ſawcers full, boil all theſe together in three pints of water, till half be ſod away, then ſtrain it, and reſerve that liquor to waſh the ſore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of *May* butter, and put it on the fire in a poſtnet, and put into it of the

the inner bark of Elder one good handful, and some Daisie roots, seeth it to half the quantity, and strain it, and so keep it cool, take this Ointment, and annoint your throat, then take the ointment, and strike a long plaister with it very thick of the Ointment, then strike upon the Ointment the best Jane Triacle, and upon that strew grosse Pepper very thick, strike it on with a knife, warm the plaister, and bind it round your throat to your eares, renew it once a day with the Ointment, and the Triacle and Pepper, and lay it on again; Before you use this Ointment, scour the mouth and throat with the pouder of Roch Allom burned, mix it with the pouder of Madder or Pepper.

For the Hearing.

Take one Onyon, take the core out of it, fill it with Pepper, slice it in the midst, being first wrapt in Paper, and rosted in the Embers, lay it to each ear.

For a dead Child in a Womans Bodie.

Take the juyce of Hysop, temper it in

warm water, and give it to the Woman to drink.

For a Woman that hath her Flowers too much.

Take a Hares foot, and burn it, make pouder of it, and let her drinke it with ſtale Ale.

A Medicine for the Gout.

Take Tetberrie roots, and waſh and ſcrape them clean, and ſlice them thin, then take the greaſe of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of greaſe in the bottome, then a lane of Roots, then the greaſe again, and ſo Roots and greaſe till the pot be full, then ſtop the pot very cloſe, and ſet it in a dunghil one and twentie dayes, then beat it altogether in a boul, then boil it a good while, then ſtrain it, and put in a penniworth of *Aqua vitæ*, then annoint the place grieved, very warm againſt the fire.

A Diet drinke for the running Gout, ach in the joynts, and for all infections.

Set ſeven quarts of Water on the fire, and when it boileth, put therein four ounces of *Sarſaparilla* bruiſed, and let it boil two hours very ſoftly, cloſe ſtopped, or covered, then put in four ounces of Sene, three ounces of Liquorice bruiſed, of *Stecados*, *Hermodactill*, *Epithymum*, and of Cammomile flours, of every one half an ounce, and ſo boil all theſe two houres very ſoftly, then ſtrain it, and keep it in a cloſe veſſel cloſe ſtopped: when it is cold, then boil again all the aforeſaid Ingredients in ſeven quarts of Water, four hours with a ſoft fire cloſe covered, then ſtrain it, and keep it as the other by it ſelf, and take of the firſt a good draught one hour before you ariſe in the morning, and a draught at the beginning of dinner, and another at ſupper, and going to bed. and and at all other times, drinke of the latter when you liſt, and eat no meat but dry roſted Mutton, Capon, Rabbet, without Salt, and not baſted, but to your Breakfaſt, a poched Egg, no bread but Biſket, or dried

dried cruſt, and at night Raiſins of the Sun, and bisket Bread, drink no other drinke but this.

A Plaiſter to heal any Sore.

Take of Sage, Herb-grace, of each a like quantitie, Ribwort, Plantain, and Daſie roots, more then half ſo much of each of them as of the other, with Wax, freſh greaſe, and Roſin, make it a ſalve, if the fleſh grow proud, then put alwaies upon the plaiſter, before you lay it to the ſore, burnt Allum, and it will correct the fleſh.

To cauſe a woman to have her Sickneſs.

Take Egrimonie, Motherwort, Avens, and Parſley, ſhred them ſmall with Oatmeal, make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green Weed of the Sea, which is brought with Oyſters, waſh it, and dry it to pouder, drinke it with Malmſey faſting.

To

To kill Worms.

Take *Alexakatrina* two ounces, let it ſtand in a quart of Malmſie eight houres, drink of it morning and evening.

For a hot Rheum in the Head.

Take Roſewater, Vinegar, and Sallet Oyle, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, ſeeth it to pouder and drinke it.

For an Itch or dry ſcurf of the Body.

Take Elecampane roots or leaves, ſtamp them and fry them with freſh greaſe, ſtrain it into a diſh, and annoint the Patient.

For one that is bruiſed with a Fall.

Take Horſe dung, and Sheeps ſuet, boil them

them together, and apply it to the ſame place, being laid upon a cloth.

For the Emeroids.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

For one that is burned with Gunpowder, or otherwiſe.

Take one handfull of Groundſel, twelve heads of Houſleek, one pint of Gooſe-dung, as much Chickens dung, of the neweſt that may be gotten, ſtamp the Hearbs as ſmall as you can, then put the dung into a morter, temper them together with a pottle of Bores greaſe, labour them together half an hour, and ſtrain it through a Canvas bag with a cleft ſtick into an earthen pan, and uſe it when need requireth, it will laſt two year.

To heal a Prick with a Nail or a Thorn.

Take two handfuls of Salendine, as much Orpen, cut it ſmall, and boyl it with oyle Olive, and unwrought Wax, then ſtrain it and uſe it.

To ſtop the Bleeding of a Cut or Wound.

Take Hop, ſtamp it, and put it into the wound, if hop will not doe it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Houſleek one handful, waſh them, and ſtamp them in a ſtone mortar very ſmall, and as you ſtamp them, put in one pint of Cream by little and little. then ſtrain it, and put it in a pot with a feather, take of this and annoint the ſcalded place, and then wet a linnen cloth in the ſame Ointment, and lay it on the place, and over that roul other cloathes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine powder, then mix it with Sope, and freſh Greaſe, of each two ounces, make an Ointment, and annoint the place.

For the ſinging in the Head.

Take one Onyon, cut out the core, and fill that place with the pouder of Cummin, and the juyce of Rue, ſet on the top again, and roaſt the Onyon in embers, then put away the out-ſide, and put in a cloth, wring out the Juyce, take black Woll and dip it in, put this in thine eare where the ſinging is, and if it be on both ſides, then ſerve one after another.

A Drink for one that is weak, and miſdoubting a Conſumption.

Take three handfuls of Roſemary, bruiſe it a little, and cloſe it in paſte, bake it in an Oven untill it be well dryed, then cut the paſte, and take forth the Roſemary, infuſe

infuſe it in two quarts of Claret Wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruiſed, let them ſtand infuſed two nights and one day, then diſtill it in a Limbeck, drink hereof one ſpoonfull or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder leaves, red Briar leaves, of each one handful, ſtamp them and ſtrain them with a quart of white Wine, and then put to it *Aqua vitæ* and Ginger, drink hereof every morning one ſpoonfull nine mornings together, and it will preſerve you.

For a Bruiſe or Stitch.

Take the kernels of Walnuts and ſmall-nuts, Figs, Rue, of each one handfull, white Salt the quantity of one Walnut, one race of Ginger, one ſpoonfull of Honey, beat them altogether very fine, and eat of it three or four times every day, make a plaiſter of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfery one good handfull, wild Daiſie roots as much, and the like of knotted Graſſe, ſtamp all theſe together, and ſtrain it with Malmſey, and give it to the Patient to drink morning and evening nine dayes bloud-warm: If it be a man that hath been long ſo, he muſt lye nine dayes upon his back, and ſtir as little as he can: If he be a child, he muſt be kept ſo much lying as you may for nine dayes; if you think the drink too ſtrong for the child, give it him but five dayes in Malmſey, and the reſt in ſtale Ale; have care that the party have a good Truſſe, and keep him truſſed one whole year at the leaſt.

A Plaiſter for a Rupture.

Take the juyce of Comfery, wild Daiſie roots, and knotted Graſſe, of each a like quantity, freſh Butter, and unwrought Wax, of each a like quantity, clarifie them ſeverally, then take of the root of Comfery, dry it, and make pouder of it; take the pouder,

pouder of Anniſeſeed, and Cumminſeed, but twice as much Cumminſeed as Anniſeſeed, boyle theſe pouders in the Butter and unwrought Wax upon a ſoft fire a good while together, then put in your juyce, and let it boyle one walm or two, then take it from the fire, and ſtir it altogether till it be cold, take hereof, and ſpread it, and lay it to his Codds as hot as he can ſuffer it, and uſe this till he be whole: this plaiſter is moſt excellent for a Child that is burſt at the Navill.

Gratioſa Cura.

A Water for a Cut or a Sore.

Take Honeyſuckles the knots nipt off, floures of Celendine, floures of red Sage, of each three ſpoonfuls, Five-finger, Camphery ſuch as is to knit bones, Daiſies with the roots thereon, Ladder of Heaven, bloſſomes of Roſemary, Setwell, Hearbgrace, Smalledge, red Roſes with the knots on, or elſe red Roſecakes, Adder-tongue, of each of theſe one handfull, ſeeth all together in ſix gallons of water that runneth towards the Eaſt, untill two gallons be ſod in, then ſtrain them, and

put to the water three quarts of *Engliſh* Honey, one pound of Roch Allum, one pennyworth of Madder, one pennyworth of long Pepper, ſeeth all together untill one gallon be conſumed, then cleanſe the water.

For the Wind Collick.

Take the floures of Walnuts, and dry them to pouder, and take of them in your Ale, or Beer, or in your Broth, as you like beſt, and it will help you.

To make a ſoveraign Oyle of a Fox, for the numme Palſie.

Take a Fox new killed, caſed, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campits, Southernwood, red Sage, Origanum, Hop,, *Stœcad*, Roſemary, Coſtmary, Cowſlip floures, Balm, Bettony, ſweet-Majoram, of each a good handfull, chop them ſmall, and put thereto of the beſt Oyle of Caſtor, Dill, and Cammomill, of each four ounces, mix the Hearbs and Oyles together, and ſtrew over them *Aphronitum* a good handfull,

put

put them all into the Fox, and ſow up his belly cloſe, and with a quick fire roaſt him, and the Oyle that droppeth out is a moſt ſingular Oyle for all Palſies or numneſſe. Approved.

To comfort the Brain, and procure ſleep.

Take brown bread crums the quantity of one Walnut, one Nutmeg beaten to pouder, one drachm of Cinnamon, put theſe into a Napkin, with two ſpoonfuls of Vinegar, four ſpoonfuls of Roſewater, and one of womans milk.

For the weakneſſe in the Back.

Take the Pith of an Oxe back, put it into a pottle of water, then ſeeth it to a quart, then take a handful of Comphelly, one handful of knotted Graſſe, one handful of Shepherdſpurſe, put theſe into a quart of water, boyle them unto a pint, with ſix Dates boyled therein.

For a Canker in any part of the Body.

Take Filberd Nut leaves, Lavender-

cotton, Southernwood, Wormwood, Sage, Woodbine leaves, sweet-Bryar leaves, of each a like quantity, of Allum, and Honey, a good quantity, seeth all these till they be half sodden, wash the sore with it.

For an old Bruise.

Take one spoonful of the juyce of Tansie, and as much Nip, two pennyworth of *Sperma Ceti*, put it into a little Ale, and drink it.

Oyle of Foxes, or Badgers, for Ach in the joynts, the Sciatica, diseases of the Sinews, and paines of the Reines and Back.

Take a live Fox, or Badger, of a middle age, of a full body, well fed, and fat, kill him, bowell him, and skin him, some take not out his bowels, but onely his excrements in his guts, because his guts have much grease about them, break his bones small that you may have all the marrow, this done, set him a boyling in salt Brine, and Sea water, and salt water, of each a pint and a half, of Oyle three pints, of

Salt

ſalt three ounces, in the end of the deco-ction put thereto the leaves of Sage, Roſemary, Dill, Origany, Majoram, and Juniper Berries, and when he is ſo ſodden as that his bones and fleſh do part in ſunder, ſtrain all through a ſtrainer, and keep it in a veſſel to make Linaments for the ach in the joynts, the Sciatica, diſeaſes of the Sinnews, and pains of the reins and back.

To make the Leaden Plaiſter.

Take two pound and four ounces of oyle Olive of the beſt, of good red Lead one pound, white Lead one pound very well beaten into duſt, twelve ounces of Spaniſh Sope, and incorporate all theſe well together in an earthen pot well glaſed before you put them to boil, and when they are well incorporated that the Sope cometh upward, put it upon a ſmall fire of coals, continuing the fire for the ſpace of one hour and a half, ſtill ſtirring it with an Iron Ball upon the end of a ſtick, then make the fire ſomewhat bigger, until the redneſs be turned into a gray colour, but you muſt not leave ſtirring it

till the matter be turned into the colour of oyle, or ſomewhat darker, then drop of it upon a wooden trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep 20 yeares, the older the better.

The Virtue of the Plaiſter.

The ſame being laid upon the ſtomack provoketh appetite, it taketh away any grief in the ſtomack, being laid on the Belly is a preſent remedie for the Collick, and laid unto the reins of the Back, it is good for the bloudie Flux, the running of the Reins, the heat of the Kidnies, and weakneſſe of the back, the ſame healeth all ſwellings, bruiſes, and taketh away ach, it breaks Felons, puſhes, and other Impoſthumes, and healeth them, the ſame draweth out any running humour without breaking the skin, and being applied to the fundament, it healeth any diſeaſe there growing, being laid on the head is good for the Vvula, it helpeth the headake, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat flower boulted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsie, and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg, of good Triacle, and so much spice grains beaten, as you can take up with the tops of your two fingers, mix it together and let the partie sick drink it bloud-warm, if he be infected it will procure him to cast, which if he doe, give him as much more, and so still again and again, observing still some quantity, till the partie leave casting, and so after he will be well, if he cast not at all, once taking is enough, and probably it is not the sickness; after the partie hath left casting, it is good to take a competent draught of burnt Malmsie alone with Triacle and grains, it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one root of Jane Triacle two ſpoonfuls, of wine Vinegar, three ſpoonfuls, of fair water three ſpoonfuls, make all theſe more then luke warm, and drinke them off at once well ſteeped together, ſweat after this ſix or ſeven houres, and it will bring forth the Plague ſore.

To break the Plague Sore.

Lay a roaſted Onion, alſo ſeeth a white Lillie root in milk, till it be as thick as a Poulteſſe, and lay it to the ſame, if theſe fail, launce the ſore, and ſo draw it, and heal it with ſalves for Botches, or Biles.

To make a Salve to dreſſe any Wound.

Take Roſin and Wax of each half a pound, of Deer Suet, and Frankincenſe, of each one quarter of a pound, of Maſtick in pouder one ounce, boil all theſe in a pint of white Wine half an houre with a ſoft fire, and ſtir it

in

in the boyling, that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almoſt cold put there to one quarter of a pound of Turpentine, after all theſe be mingled together, then put it into white Wine, and waſh it as you waſh butter, and then as it cools make it up in rouls.

A moſt excellent Water for ſore eyes.

Take a quart of ſpring water ſet it upon the fire in an earthen Pipkin, then put into it three ſpoonfuls of White ſalt, and one ſpoonful of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil, then ſtrain it through a fine linnen cloth, and keep it for your uſe.

When you take it you muſt lye down upon the bed, and drop two drops of it into your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any Perle or Film growing upon it, then take a handfull of red double Daiſie leaves, and ſtamp them and ſtrain them through a linnen cloth, and drop

drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of Sallet oyle, or Neats-foot oyle, half a pint of Engliſh Honey, two or three penniworth of Turpentine, a good quantity of Hogs greaſe, two or three penniworth of *Bole Armoniack*, half a pint of ſtrong wine Vinegar, half a doſen of Eggſhels, and all beaten very ſmall, one handfull of white Salt, put all theſe together into an earthen pot, and ſtir and mingle them together exceedingly well, then as much Bean floure, or Wheat flour as will thicken it plaiſter-wiſe, then with your hand ſtrike it on the grieved place once a day, and by Gods help it wil eaſe any ſore that cometh by meanes of ſtriking, wrinching, bruiſing, or other kind of ſwelling that proceedeth of evill humours.

Balm Water for a Surfet.

Take two gallons of ſtrong Ale, and one quart of Sack, take four pound of young

young Balm leaves, and ſhred them, then take one pound of Anniſe ſeeds, and as much Liquorice beaten to pouder, put them all into the Ale and Sack, to ſteep twelve hours, after put it into a Limbeck, and ſo ſtill it, it is good for a Surfet of of choler, for to comfort the heart, and for an Ague.

A Reſtorative Water in Sickneſs, the Patient being weak.

Take three pints of very good new Milk, and put thereto one pint of very good red Wine, the yolks of twenty four eggs, and beat them together, that done, put in as much fine Manchet as ſhall ſuck up the Milk and Wine, then put the ſame into a fair Stillatorie, and ſtill it with a ſoking fire, and take a ſpoonfull of this water in your Pottage or drinke, and this in one or two moneths will prevent the Conſumption.

To make a Candle to prevent the Lask.

Take half a pound of unblanched Almonds, ſtamp them, and ſtrain it into a quart

of Ale, and ſet it on the fire, then take the yolks of four Eggs, and make it for a caudle, and ſo ſeaſon it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfaſt.

For one that cannot make Water, and to break the Stone.

Pare a Raddiſh root, and ſlice it thin, and put it into a pint of white Wine, and let it infuſe ſix or ſeven hours, then ſtrain it, and ſet it one the fire, and put thereto one Parſley root, and one ſpoonful of Parſley ſeed, and half a handful of Pellitorie of the wall, and ſeeth it untill half be waſted, and give it lukewarm to drinke.

The Diet againſt Melancholly.

℞ Take Sene eight ounces, Rubarb ſix drachms, Polipodie of the Oke, *Sarſaparilla*, and Madder roots of each four ounces, Anniſe ſeeds, Fennel ſeeds, *Epithimum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimonie, Scabies, and red Dock roots, of each one handful, make them all ſmall, and

and put it into a long narrow bag of boulter, hang it in a veſſel of Ale that containeth ſix gallons, when it is a week old, drinke it morning and evening for the ſpace of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimonie, Scabios, of each one handful, Chamepitis, Hyſop, of each a doſen Crops, Endive and Succorie, of each three or four leaves, of young Fennel and Parſley, of each one root, one ſtick of Liquorice, one ſpoonful of Barberies clean waſhed, one ſpoonful of Anniſe ſeeds, twenty Raiſins of the Sun ſtoned, boil all theſe in a pottle of water to a quart, then ſtrain it, and put thereto of the beſt Sugar one quarter of a pound, conſerve of Violets one ounce, and ſo boil it as long as any ſcunt ariſeth, then ſtrain it again, and uſe this very warm.

For one that cannot make Water.

Take the ſeeds of Parſley, of red Fennel,

nel, of Saxifrage, of Carrawayes, of the kernels of Hip Berries, of each a like quantity, put in ſome pouder of Jet, mingle theſe, being beaten to powder, well together, and drink it in ſtale Ale lukewarme.

To make Aqua Compoſita.

Take of Anniſeſeeds, and Licorice bruiſed, of each half a pound, Thyme, and Fennel, of each half a handful, Calamint two handfuls, Coriander, and Carrawayſeeds bruiſed, of each two ounces, Roſemary, and Sage, of each half a handful, infuſe theſe a whole night in three gallons of red Wine, or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire,

An Ointment for any Swelling.

Take of marſh Mallowes, of Wormwood, of Smallage, of each one handful, boyle it with one pound of the greaſe of a barrow Hog until it be very green, then ſtrain it, and keep it very cloſe. Lady *Pawlet*.

A

A Plaiſter for the Back.

Take half a pint of Oyle of Roſes, four ounces of white Lead ground into fine powder, put your Oyle into a clean Poſnet, and ſet it on the fire, and when it is warm put in your white Lead, ever ſtirring it, then put into it of your Wax one quarter, ſtir it untill it be black, then take it from the fire, and in the cooling put thereto two pennyworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of fourpence, fine *Bole*, and *Terra ſigillata*, of each two penny weight in fine pouder all, ſtill ſtirring it till it be almoſt cold, and ſo make it up in roules: uſe it as need requires, for all weakneſſe, waſting, or heat in the Kidneyes. *Craniſh.*

To make Oyle of Swallowes.

Take one handful of Mother-Thyme, of Lavender-cotton, and Strawberry leaves, of each a like, four Swallowes, feathers and altogether well bruiſed, three ounces of Sallade Oyle, beat the Hearbs, and the Swallowes, feathers, and altogether,

ther, until they be ſo ſmall that you can ſee no feathers, then put in the Oyle, and ſtir them well together, and ſeeth them in a poſnet, and ſtrain them through a canvas cloth, and ſo keep it for your uſe.

For a Thorn, Fellon, or Prick.

Take the juce of Fetherfew, of Smallage, of each one Saucer full, put to it as much wheat of Flour as will make it ſomewhat thick, and put to it of good black Sope the quantity of one Walnut, mingle them together, and lay them to the ſore

A Drink for one that hath a Rupture.

Take of Comfilli, otherwiſe called Boneſel, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves, of Cammock ſomewhat more than a handful, of Vervoin as much as of the Cammock, of Daiſie roots a ſmall quantity, of Elder tops, or young buds, the leaſt quantity, ſtamp all theſe together, and put unto them, being ſtamped, one pint of pure white Wine, then ſtrain it, and drink of it

morning

morning and evening, one hour or more before breakfast or supper, a good draught bloud-warm.

If it be a sucking Child, let the Nurse drink posset-ale of the aforesaid drink, and let the Childe suck immediately: If it be an old body, let him take it lying in his bed nine dayes, if it may be conveniently, or otherwise to use no straining.

For the Lask, or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh, put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetsal, of each two handfuls, of Celendine, Rue, Sage, and Egremony, of each one handful, boyle all these to a quart, then strain it, and put thereto two great spoon-

fuls of the beſt Engliſh Honey, and one ounce of roch Allum, boyle them all again as long as any ſkum ariſeth, then take it off, and put it in a cloſe bottle, and uſe it bloud-warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon a houſe, ſeeth it in Reniſh wine till it be well ſodden, then put it in a linnen cloth, and lay it to her Navel, as hot as ſhe may ſuffer it, four or five times.

A Water for an old Sore.

Take Honeyſuckles, water Bettony, Roſemary, Sage, Violet leaves, Elder leaves, cut them all ſmall together, and ſeeth them in a quart of running water, put thereto two ſpoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot ſleep.

Take the juyce of Houſeleeck, and of Lettice,

Lettice, of each one ſpoonful, of womans milk ſix ſpoonfuls, put them together, and ſet them upon a Chafingdiſh of coales, and put thereto a piece of Roſe-cake, and lay it to your Temples.

To quench or ſlack your thirſt.

Take one quart of running Water out of the Brook, ſeeth it, and skum it, put thereto five or ſix ſpoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruiſed, drink it luke-warm.

For one that hath a great heat in his Hands and Stomack.

Take four Eggs, roaſt them hard, peel them, lay them in Vinegar three or four houres, then let the ſick man hold in either hand one of them, and after ſome ſpace change them and take the other, and it will allay the heat.

Againſt all Aches, and eſpecially of a Womans Breaſt.

Take Milk, and Roſe leaves, and ſet them on the fire, put thereto Oatmeal, and Oyle of Roſes, boyle them till they be thick, and lay it hot under the ſore, and renew it ſo till it be alwayes hot.

For the Ptiſick and dry Cough.

Take the Lungs of a Fox, beat them to pouder, take of Licorice, and Sugar-candy, a good quantity, a ſmall quantity of Cummin, mix theſe all well together, and put them in a Bladder, and eat of it as often as you think good in the day.

To take away Warts.

Take Snailes that have ſhells, pick them, and with the juyce that cometh from them rub the Wart every day for the ſpace of ſeven or eight dayes, and it will deſtroy then.

A per-

A perfect Water for the ſight.

Take Sage, Fennel, Vervin, Bettony, Eyebright, Pimpernel, Cinquefoil, and Hearbgrace, lay all theſe in white Wine one night, ſtill it in a Stillitory of glaſſe, this water will reſtore the ſight of one that was blind three yeares before.

To reſtore the Hearing.

Take Rue, Roſemary, Sage, Vervin, Majoram, of each one handful, of Cammomil two handfuls, ſtamp them, and mould them in Rie dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midſt, and as hot as may be ſuffered bind it to your eares, and keep them warm and cloſe one day or more, after it be taken away forbear yee to take cold.

For a Felon in the Joynts.

Take Rue, Fetherfew, Bores greaſe, Leaven, Salt, Honey, ſix leaves of Sage, ſhred them altogether ſmall, then beat them together, and lay it to the ſore place.

To comfort the Brains, and to procure sleep.

Take a red Rose cake, three spoonfuls of white wine Vinegar, the white of one Egg, three spoonfuls of Womans milk, set all these one a chafingdish of coals, heat them, and lay the Rose cake upon the dish, and let them heat together, then take one Nutmeg, and shrew it on the Cake, then put it between two clothes, and lay it to your forehead as warm as you may suffer it.

A Medicine for a sore head with a Scald.

Take one peck of Shoomakers shreds, set them over the fire in a Brass pan, put water to them, and seeth them so long as any Oyle will arise, and evermore be scumming off the Oyle, then take Plantain, Ribwort, Housleek leaves, ground Ivie, knotted grasse, wild Borrage, Tutsan, hearb Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a morter and strain them, then take half a penniworth of Rosin, half a penniworth of Allum, a little Virgins Wax, beat them,

them, and put them into a pan, and set it over the fire, put thereto the Hearbs and the Oyle, let them seeth till all be melted, then strain them into a pan, and stir them till they be cold; and put it into a box for your use, when you dresse your head, heat a little in a saucer, annoint it every day twice, pull out the hairs that stand upright, and with linnen cloth wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of *Valerian* two pound, beat them very small, then strain them, and take the juyce thereof, put one pound of yellow Wax, one pound of Rosin, one pound of Deer suet, boyl them together till they be very green, and when it is half cold, put to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins, Approved.

Take the Rows of red Herrings, dry them upon the coals, till they will beat to pouder, then give it to the Patient to

drinke in the morning faſting, as much as will lye upon a ſhilling in five ſpoonfuls of Ale or Wine, be he never ſo weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows greaſe, two good handfuls of Mugwort chopped very ſmall, boil it with the Barrows greaſe upon a ſoft fire, by the ſpace of four hours, then ſtrain it from the Mugwort, and put it up in an earthen thing for your uſe, and annoint your feet as you go to bed.

A Medicine for any Heat, Burning, or Scalding: Approved.

Take half a pint of the beſt cream you can get, and ſet it in a fair Poſnet upon the fire, then take two good handfuls of Daiſie roots, leaves and all clean waſhed, and very finely ſhred, put them into the ſame Poſnet, and boil it upon the fire, untill it be a clear oyntment, then ſtrain it through a cloth, and keep it for your uſe.

To make Aqua compoſita *to drink for a Surfet, or a cold Stomack, and to avoid flegm, and glut from Stomack.*

Take one handful of Roſemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, ſix good crops of red Mints, and as much of Pennieroyal, half a handful of Horehound, ſix crops of Majoram, two ounces of Licorice well bruiſed, and ſo much of Anniſe ſeeds, then take three gallons of ſtrong Ale, and put all the aforeſaid things, Ale and Hearbs into a braſſe pot, then ſet them upon the fire, and ſet your Limbeck upon it, and ſtop it cloſe with paſte, that there come no air out, and ſo keep it with a ſoft fire, as other *Aqua vitæ.*

For an ach in any Joynt.

Take clarified Butter a quarter of a pound, of Cummin one pound, Black Sope a quarter of a pound, one handful of Rue, Sheeps ſuet ℥. ii. Bay Salt one ſpoonful, bray theſe together, then fry them with the

the gall of an Oxe, ſpread it on a Plaiſter, and lay it on as hot as you can, and let it lye ſeven dayes.

A Plaiſter to lay to the head, for a Rheum which runneth at the Eyes.

Take the pouder of Roſe-leaves, Roſe-water, and Betonie water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, ſtir them and temper them, and make them in a Plaiſter, and put to it a little pouder of *Terra ſigillata*.

A Water to be uſed with the Plaiſter aboveſaid for the ſame purpoſe.

Take one quart of new Milk, two pound of green Fennel, a quarter of a pound of Eyebright, put the Hearbs and Milk into a Stillatorie, caſt half an ounce of Camphire thereon, and with this Water, waſh your eyes and temples.

For the Emeroids, Approved.

Take a peece of tawnie cloth, burn it in a frying

a frying pan to pouder, then beat it in a Morter as fine as may be, ſearce it, then lay it on a brown Paper, and with ſpittle make it Plaiſter-wiſe, and lay it to the place, and truſſe it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallet oyle three or four ſpoonfuls, and a pint of Milk, and ſeeth them together to a good thickneſs, ſpread it on a cloth and lay it to the ſore, in ſtead of Sallet oyle, you may uſe Deer ſuet.

A Bath for an ach in the Back, and Limbs.

Take Mugwort, Vervin, Fetherfue, Dill, Roſemary, Burnet, Tunhoof, Horehound, and white Mints, Senkil and Sage, of each one handful, ſeeth all theſe in four gallons of running water, and let it ſeeth till one gallon be waſted, then bath your leggs with it five nights together.

A

A Medicine for any joynt that is numme with any ach, Approved.

Take Virgin Wax one ounce, Verdigreaſe half a quarter of an ounce, Brimſtone, Sope, oyle of Eggs, of Allum, of Honey, of each a like quantity, temper them altogether, and lay it upon the place grieved ſomewhat warm.

A Medicine for a Felon of any Finger.

Take as much gray Salt as an Egg, wind it in gray Paper, lay it in the Embers a quarter of an hour, then beat it in a morter very fine, then take the yoalk of a new laid egg, beat it with this pouder, untill it be very ſtiffe, ſpread it upon a cloth, lay it upon the joynt grieved twenty four houres, and ſo dreſſe it three times.

For a Boil or Puſh.

Take the yolk of a new laid Egg, a little Engliſh Honey, put it into the ſhell to the yolk, put in as much wheat meal as will make it to ſpread, then take one branch

branch of Rue, and one of Fetherfew, ſhred them very fine, and put it to the ſame Medicine, ſtir them very well together, ſpread it upon a peece of leather, and lay it to the place gieved.

An Electuarie to cauſe good digeſtion, and to comfort the Stomack.

Take Setwel, and Galingal, of each three ſlices, Nutmegs, Ginger, and Cinnamon, of each two ſlices, three Berberries ſliced fine and husked, three ſlices of Liquorice, half a ſpoonful of Anniſe ſeeds clean dnſted, one long Pepper cut ſmall, white Pepper ſix grains, as much black Pepper, beat them all into a groſſe pouder, then put thereto two grains of Musk, one grain of Amber greece, then take Mint water and Sugar, boil them together, and when they are come to the right perfection of thickneſſe, put in thoſe Pouders above mentioned in the cooling, with a little conſerve of Roſemary floures, of this take the quantitie of a Nutmeg, half an hour before you eat or drinke at meals.

A Powder for the Rheume, or Sore Eyes.

Boyle one pint of Hop-water, when the Hop

Hop is in the flower, till it be ſcalding hot, then put into it half a pound of Licorice in very fine pouder, the Water being taken from the fire, for the Licorice muſt not boyle in the Water, ſtirre them together till the Water be clean conſumed, then adde to them, of Anniſeſeeds, and Fennel-ſeeds, of each half a pound made into very fine pouder through a Searce, Angelica roots, Elicampane roots, and leaves, and flowers, of Eyebright made into very fine powder, of each one ounce and a half, mingle theſe together, and ſo keep it cloſe, and when you eat of this Pouder weigh out of the whole quantity two ounces, whereunto adde as much good *Aqua vitæ* as will moiſten it, or Angelico-water, or *Roſa ſolis*, to keep it from being muſty, ſet it near the fire; eat of this Pouder at any time as much as you may take up with a groat, and it is ſpecial good for the rheume, for cold, or for ſore eyes. Mr. *Bendlow.*

A Salve for any Wound.

Take Roſin, Perroſin, Wax, of each eight ounces, of Sheeps Suet, and Frankincenſe,

eenſe, of each four ounces, one ounce of Maſtick made in pouder, boyle all theſe in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder; when it is almoſt cold put thereto four ounces of Turpentine, and make it up in roules, but before it be rouled you muſt waſh it up in running Water. *A. T.*

To deliver a Child in danger.

Take a Date ſtone, beat it into pouder, let the Woman drink it with Wine, then take Polipody and emplaiſter it to her feet, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in Wine, give her alſo the Milk of another Woman.

A moſt ſingular Sirupe for the Lungs, and to prevent the Conſumption.

Take Egrimony, Scabias, Borrage, Bugloſſe, of each twenty leaves, Folefoot, Lungwort, Maidenhair, of each half a handful, Suckory, and Endive, of each ſix leaves,

leaves, of *Carduus benedictus*, Horehound, Nip, of each four crops unſet, Hop half a handful, Fennel roots, Parſly roots, Smalladge roots, of each three roots ſliced and the piths taken out, Elicampane four roots ſliced, Iris roots half an ounce ſliced, Quinceſeeds one ounce, Licorice three good ſticks ſcraped and ſliced ſmall, twenty Figs ſliced, Raiſins of the Sun one good handful ſliced, and the ſtones taken out, boyle all theſe in a gallon of running Water till half be conſumed, then take it from the fire and let it ſettle, then ſtrain it, and boyle it again with as much white Sugar as will make it thick as ſirupe, that it may laſt all the year.

A Pouder for the Stone.

Take Hawes, and Hips, of each a good handful, Aſhen keyes half a handful, three or four Acorns, the ſhels of three new laid Eggs, Grounwel ſeeds, Parſly ſeeds, of each half an ounce, Perſtone a good handful, Camock roots half a handful, make all theſe in fine pouder, then put thereto two ounces of Sugar-candy beaten ſomething ſmall,

ſmall, take a ſixpenny weight of this pouder at a time in the morning faſting, and drink not after it one hour.

For the Collick and Stone.

Take one handful of *Philipendula*, of Roſemary, of Saxafrage, of Ivy growing in the wall, of Harts-tongue, of Thyme, of Parſly, of Scabias, of each four handfuls, of Marigolds one handful, of Majoram three handfuls, of brown Fennel, of Longdebeefe, of Spernits, of Borage, of each two handfuls, of Maidenhair three handfuls, ſtill all theſe in *May*, keep it in a glaſſe till you have need of it, then take of it five ſpoonfuls, and three of white Wine, and of clean pouder of Ginger half a ſpoonful, put theſe together, and warm it luke-warm, and let the Patient drink it in the morning two houres before he riſe out of his bed, let him lay more clothes upon him, for it will provoke him to ſweat, after the ſweat is gone let him riſe and walk whither he will.

A good Water to drinke with Wine, or without to cool Choler.

Take Borage roots, and Succory roots, of each two, wash and scrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair spring water, set it on a fire of charcoal, put the roots in it, and eight pennyworth of Cinnamon; when it beginneth to seeth, put into it four ounces of fine Sugar, and let it seeth half an hour, then take it off, let it cool, and drink hereof at your pleasure.

To make Aqua Composita *for the Collick and Stone.*

Take strong Ale one moneth old as many gallons as your pot will hold, and for every gallon take two ounces of Licorice, and as much of Annise seeds, and of these Herbs following two handfuls of each to every gallon, of Birch leaves, Burnet, Pasphere, Pellitory of the wall, Watercresses, Saxifrage, Crumwel, *Philipendula*, Pennyroyal, Fennel, half a root of Elicampane;

pane; of Hawes, of Hips, of Berries, and Brambles, and Berberries of each half a pint, diſtil them as you doe other *Aqua vitæ.*

A Medicine for the Collick paſſion.

Take the ſmooth leaves of Holly, dry them, and make them into pouder, of Gromwel ſeed, and of Box ſeed, of each a little quantity, let the patient drink hereof.

To take away the fervent ſhaking and burning of an Ague.

Take of the rind of the Wilding tree, with the leaves in ſummer, of each half a handful, as much Bettony, three crops of Roſemary, ſeeth them in a quart of poſſet Ale to a pint, and let the ſick drink of this as hot as he can, and ſo within three times it will eaſe him.

For the hardneſſe and ſtiffeneſſe of Sinewes.

Take twelve fledgd Swallowes out of the neſt, kill them, beat them feathers

and all in a Morter, with Thyme, Roſemary, and Hop, then ſeeth them with *May* Butter a good while, then ſtrain them through a Strainer as hard as you can, and it will be an Ointment, take the ſtrings that grow out of the Strawberries and beat them amongſt the reſt.

To ſtay the Flux.

Take white Starch made of Wheat two or three ſpoonfuls, and take alſo new Milk from the Cow, ſtirre theſe together, and let them be warmed a little, and give it to the party grieved in manner of a gliſter: a preſent remedy.

An approved Medicine for the Plague, called the Philoſophers Egge, it is a moſt excellent Preſervative againſt all Poyſons, or dangerous Diſeaſes that draw towards the Heart.

Take a new laid Egg, and break a hole ſo broad as you may, take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but

but be careful you break not the ſhell, then cover it with another piece of ſhell ſo cloſe as is poſſible, then take an earthen pot with a cloſe cover, with warm embers, ſo that the ſhell be not burned, and as thoſe embers do cool, ſo put in more hot, and doe ſo for the ſpace of two dayes until you think it be dry, for proof whereof you ſhall put in a Pen, and if it come out dry it is well, then take the Egge and wipe it very clean, then pare the ſhell from the Saffron, and ſet it before the fire, and let it be warm, then beat it in a Morter very fine, and put it in by it ſelf, then take as much white Muſtard ſeed as the Egge and Saffron, and grind it as ſmall as meal, then ſearſe it trough a fine Boulter, that you may ſave the quantity of the Egge ſo ſearced, then take a quarter of an ounce of Dittany roots, as much of Turmentil, of *Nuces Vomica* one drachm, let them be dryed by the fire as aforeſaid, then ſtamp theſe three laſt ſeverally very fine in a Morter, then mix them three well together, after that take, as a thing moſt needful, the root of Angelica, and Pimpernel, of each the weight of ſixpence, make them to pouder, and mix them with the reſt,

then compound therewith five or ſix ſimples of Unicorns horn, or for want thereof of Hartſhorn, and take as much weight, as all theſe fine pouders come to, of fine Triacle, and ſtamp it with the pouders in a Morter until all be well mixed and hang to the Peſtle, and then it is perfectly made, then put the Electuary in a ſtone pot well nealed, and ſo it will continue twenty or thirty yeares, and the longer the better.

How to uſe this Electuary.

Firſt when one is infected with the Peſtilence, let him take, ſo ſoon as he can, or ever the diſeaſe infect the heart, one crown weight in gold of this Electuary, and ſo much of fine Triacle, if it be for a man, but if it be for a woman or child, take leſſe, and let them be well mixed together, and if the diſeaſe come with cold, then give him this Electuary with half a pint of white Wine warm, and well mixed together; but if it come with heat, then give it him with Plantain water, or Well water, and Vinegar, mixt altogether, and when he hath drunk the ſame, let him goe into

into his naked bed, and put off his shirt, and cover him warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him sweat seven, eight, or ten houres, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in moist clothes wet with water and salt, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweateth, let it be wiped from his body with dry hot clothes being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shirt, and all fresh new clothes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keeper of the sick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with double old cloth, wherein is Wormwood, Rue, Fetherfew, crums of soure bread, and Vinegar, and a little Rosewater, beat all these together, and so put it into the muffler, made new

every day while you doe keep him, and let the ſick party have of it bound in a cloth to ſmell on while he is in his ſweat, then after doe it away and take a new, and becauſe he ſhall be faint and diſtempered after his ſickneſſe, he ſhall eat no fleſh, nor drink Wine the ſpace of nine dayes, but let him uſe the Conſervatives for his health, as Conſerve of Bugloſſe, Borage, and red Roſes, and eſpecially he ſhall drink three or four dayes after he hath ſweat, morning and evening, three ounces of the juyce of Sorrel mixed with an ounce of Conſerve of Sorrel, and ſo uſe to eat and drink whatſoever is comfortable for the heart; alſo if one take the quantity of a Pea of the ſaid Electuary with ſome good Wine, it ſhall keep him from the infection, therefore when one is ſick in the houſe of the Plague, then ſo ſoon as yee can, give all the whole houſhold ſome of this Receipt to drink, and his keeper alſo, and it ſhall preſerve them from the infection, yet keep the whole from the ſick as much as you can, beware of the clothes and bed that the ſick party did ſweat in.

To make Balm water.

Take four gallons of ſtrong Ale and ſtale, half a pound of Licorice, two pound of Balm, two ounces of Figs, half a pound of Anniſe ſeeds, one ounce of Nutmegs, ſhred the Balm and Figs very ſmall, and let them ſtand ſteeping four and twenty houres, and then put it in a Still as you uſe *Aqua vitæ.*

To make Doctor Stephens *Water.*

Take one gallon of good Gaſcoign Wine, of Ginger, Galingal, Nutmegs, Grains, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, then take Sage, Mints, red Roſes, garden Thyme, Pellitorie, Roſemary, wild Thyme, Penniroyall, Cammomill, Lavender, of each one handful, bray your Spices ſmall, and chop the hearbs before named, and put them with the ſpices into the Wine, and let it ſtand twelve houres, ſtirring it very often, then ſtill it in a Limbeck, cloſed up with courſe paſte, ſo that no air enter, keep the firſt water by

by it ſelf, it is good ſo long as it will burn.

An Ointment for any Strain in the Joynts, or for any Sore.

Take three pound of freſh Butter unwaſhed, and ſet it in an Oven after the bread be drawn out, and let it ſtand two or three houres, then take the cleareſt of the butter and put it into a Poſnet, then take the tops of Red nettles as much as will be Moiſtned with the butter, and chop them very Small, and put them in the butter, ſet it on the fire, and boyle it ſoftly five or ſix houres, and when it is ſo boyled, put thereto halfe a pint of the beſt oyle Olive, and then boyle it a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

If you thinke good inſtead of Nettles, onely you may take theſe hearbs, Cammomile, Roſemary, Lavender, Tun-hoof, otherwiſe Ale-hoof, Five finger, Vervain, and Nettle tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boyl it in beer untill the beer look black, and then take a good draught and put it into a pot, then take ſix ſpoonfuls of Sallet Oyle for an extream Ague, brew it too and fro in two pots, then drinke it, and let the party labour to any exerciſe untill he ſweat, then let him lye down upon a bed very warm untill he hath done ſweating, this doe three times when the Ague cometh upon him.

A Pouder againſt the Wind in the Stomack.

Take Ginger, Cinnamon, and Gallingal, of each two ounces, Anniſe ſeeds, Carraway, and Fennel ſeeds, of each one ounce, long Pepper, Graines, Mace, and Nutmegs, of each half an ounce, Setwel half a drachm, make all in pouder, and put thereto one pound of white Sugar, and uſe this after your meat or before at your pleaſure, at all times it comforteth the ſtomack marvellouſly, carrieth away wind,

wind, and cauſeth good digeſtion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oyle, put thereto a quarter of a ſpoonful of Engliſh Honey, half a handful of Daiſie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle not above one yeares growth, beat them together in a Morter, and put thereto one ſpoonful of Womans Milk, and let it ſtand infuſed two or three houres, and ſtrain all through a cloth, and with a feather drop it into the eye thrice a day.

For bloud-ſhotten, and ſore Eyes, coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it into fine pouder, and temper it with a quart of white Wine, put thereto one ounce of dried Roſe leaves, and boyle them altogether with a ſoft fire until one half be conſumed, then ſtrain it through a fine linnen cloth, and keep it in a glaſſe, and uſe it evening and morning, and put it into the ſore eyes with

with a feather or your finger.

If the *Tutty* be prepared it is the better, which is thus done, ſteep the *Tutty* in Roſe-water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, ſteep it, and dry it again, as before, twice or thrice, and then uſe it as before.

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay leaves, of each one handful, one Oxe Gall, one pint of Neat-foot oyle, put all theſe together, and let them ſo ſtand two or three dayes, and let them boyle upon a very ſoft fire, then put in of Dears ſuet a good quantity, ſtrain them, and put them into a pot, and ſo annoint the Patient, put to this a good quantity of Tarre, and as much Pitch as the bigneſſe of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyſop water, and Fennel water, in a

of

of each half a pint, of ſliced Licorice, and Sugar, of each a pretty quantity, ſeeth them eaſily over a good fire, ſtrain it, and let them take a little hereof at once, and often you may diſſolve pellets therein, and you may annoint their cheſt with oyle of Almonds, and a little Wax.

A Medicine for ſore Eyes.

Take red Fennel, and Celendine, of each one handful, ſtamp and ſtrain them, that done, take five ſpoonfuls of Honey, and white Copperas the quantity of one Pea, Roſewater five ſpoonfuls, boyle all theſe together in an earthen pot, skum it well, and clarifie it with the white of an Egge; this is an excellent Medicine to clear the ſight of the eye if there be any thing in the eye ſuperfluous to hinder the ſight, but if there be nothing but heat, it is nothing ſo good.

To help one that is inwardly bruiſed.

Take of Borrage, and red Sage, of each a handful, ſtamp theſe together, and ſtrain them, and put thereto as much Claret Wine,

Wine, as the juyce therof, and let the party drink it warm, and if it keep within him four and twenty houres, after he will recover; if he be bound in the body, let him take three ſpoonfuls of Sirupe of Damask Roſes, and two ſpoonfuls of Sallade oyle, and drink it faſting, and an hour after let the party take ſome warme broth.

For the Spleen.

Take of Lavender, Fennel, Parſly, Cammomil, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Anniſe ſeeds, and Fennel ſeeds, of each one handful, of Cummin ſeeds two handfuls, of Cloves four ſpoonfuls, and of Mace two ſpoonfuls, gather theſe hearbs in the heat of the day, and dry them in the Sun two dayes, laying them very thinne on a ſheet, and bruiſe the ſeed groſly, and ſteep them in as much Sallade oyle as will cover all theſe things, and ſomewhat more, and ſo ſet them in the Sun ten dayes, which being done, ſtrain your oyle from your Hearbs and your Spices, and then infuſe it new again as before, with Hearbs and

and Spices in like manner, and to that oyle thus infused or strained, adde bitter Almonds, and oyle of Capers half a pint, then take a quarter of a spoonful of the said oyle, and put it in your hand, your hand being warm, rub them together, and annoint and rub the Patient grieved with both your hands, the one on the right side, the other on the left, from the loines down to the bottome of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly, and continue in continual rubbing, about a quarter of an hour.

For a burning or Scald.

Take a quantity of Sheeps Suet, the white of Hen dung, and fresh Grease, boil all these together, strain it, and annoint the party with a feather.

For the Emeroides and Piles.

Take juyce of Elder, *May* Butter, and Deares Suet, melt them, letting the Juyce and the Butter simper, and then put the Suet to them, make them into pills, and if you

you make a Suppoſitor, you muſt put in more Deeres Suet.

For the Canker in the Mouth or Noſe.

Take the aſhes of green leaves of Holly, with half ſo much of the burnt pouder of Allum, blow with a quill into the place greived, and it will help Man, or Child, or Beaſt.

A Remedy for the Mother.

When the fitt beginneth to take them, take the pouder of white Amber, and burn it in a chafingdiſh of coales, and let them hold their mouths over it, and ſuck in the ſmoak, and annoint their noſtrils with the oyle of Amber, and if they be not with child, take two or three drops of the oyle of Amber in white Wine warm or cold, but the oyle of Amber muſt be taken inward but once a day, and outward as often as the fitt taketh them.

A Medicine for the Wormes.

Take one penniworth of Alloes with

the like quantity of Oxe gall and Mithridate, mix them together, and lay them to the childs navel upon a plaister.

A Preservative against the Plague.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine Vinegar, and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and goe where you list.

A Pill for those that are infected.

Take of Aloes succatrine half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small pouder with Malmsey, or a little Sack, or Diascordion, make two or three small pills thereof, and take them fasting.

A Poultesse to break a Plague Sore.

Take a white Lilly root, and seeth it in a pennyworth of Linseed, and a pretty quantity of Barrowes grease, beat the Linseed first

first very soft, afterwards beat altogether in a Morter, make thereof a plaister.

An Electuary to be taken for the Plague.

Take the weight of ten graines of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stamped together, with a sufficient quantity of Pimpernel water, make up all these together in a masse or lump, and keep it in a glasse or pot for your use, take the quantity of twelve graines fasting in the morning, and it will not onely preserve from the Pestilence, but expel from those that be infected.

Against a Tertian Ague.

Take *Dandilion* clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the Patient drink of it fasting upon his well day, and walk upon it as long as he is able, this hath been approved good for an

Ague that cometh every ſecond day.

Againſt the Wind.

Take Cummin ſeeds, and ſteep them in Sack four and twenty houres, dry them by the fire, and hull them, then take Fennel ſeed, Carraway ſeed, and Anniſe ſeed, beat all theſe together, and take every morning half a ſpoonful in broth or beer faſting.

Againſt Wind.

Take Enula campana, grate it, and drink half a ſpoonful faſting.

For the Sting of an Adder.

Take a head of Garlick and bruiſe it with ſome Rue, adde ſome Honey thereto, and if you will ſome Triacle, and apply it to the place.

For the biting of a Dog.

Take Ragwort, chop it, and boyle it with unwaſhed Butter to an Ointment.

A

A Medicine for a Woman that hath a dead Child, or for the after-Birth after deliverance.

Take Date ſtones, dry them and beat them to pouder, then take Cummin-ſeed, Grains, and Engliſh Saffron, make them in pouder, and put them altogether in like quantitie, ſaving leſſe of the Saffron then of the reſt, then ſearce them very finely, and when need is to drinke it, take a ſpoonful at once with a little Malmſie, and drinke it milk-warm, it is good to bring forth a dead child, or for the after-birth, or if the woman have any riſing in her ſtomack, or fluſhing in her face during her childbed, the Dateſtones with round holes in the ſides are the beſt, if you put a quantity of white Amber beaten amongſt the pouder, it will be the better.

To make the beſt Paracelſus *ſalve.*

Take of Litharge of Gold and Silver of each three ounces, and put to it one pound and half of good Sallet oyle, and as much of Linſeed Oyle, put it into a

large earthen veſſel well leaded, of the faſhion of a milk boul, or a great baſon, ſet it over a gentle fire, and keep it ſtirring till it begin to boyl, then put to it of red Lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continuall ſtirring, and let it boil two houres, or ſo long till it be ſomething thick, which you may know by dropping a little of it upon a cold board or ſtone, then take a skillet, and put into it a pound of yellow Wax, as much black Roſin, half a pound of gum Sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Ariſtolochias* round and long, of every of theſe in fine pouder ſearced one ounce, of *Mummia* one ounce, and a half, of oyle of Bayes half a pound, of oyle of Juniper ſix ounces, diſſolve all theſe together in the aforeſaid Skillet, and then put them to the former Plaiſter, ſet it over a gentle fire, and keep it with ſtirring, till it boile a little; Then take your five gums, Popanax, Galbanum, Sagapenum, Ammoniacum, and *Bdelium*, of each of theſe three ounces, which muſt be diſſolved in white wine Vinegar and ſtrained, and the Vinegar exaſperated

ted from them before you go about the plaister, let there be three ounces of each of them when they are thus prepared, then when the Plaister hath gently boyled, about half the bigneſſe of a Nutmeg at a time, continuing that order untill all the Gums be in and diſſolved, then ſet it over the fire again, and let it boyl a very little, but before it boil, be ſure that the gums be all diſſolved, for elſe it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the ſtirring of it very carefully, and put to it theſe things following, being in readineſſe, take of both the Corals red and white, of mother of Pearl, of Dragons blood, of *Terra lemnia*, of white Vitriol of each of them one ounce, of *Lapis Hematitis*, and of the Loadſtone, of each of them one ounce and a half, of the floures of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, of common Turpentine half a pound, mix all theſe together, but firſt let thoſe things that are to be poudred, be carefully done, and fully ſearced, then put them altogether among the former things, and again ſet it over the fire

with a moderate heat, and gentle, to boyl, till it be in the form of a Plaiſter, the which you may know by dropping it on a cold peece of Wood, or Stone, or Iron: you muſt above remember to keep it with continuall ſtirring from the beginning to the ending, when you make it up, let your hands and the place you roul it on be annointed with the oyle of S. Johns Wort, and of earth worms, and Juniper, Cammomile and Roſes together, wrap it in Parchment or Leather, and keep it for your uſe.

Memorandum, That the Camphire bee diſſolved in the oyle of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Ointment for any ſtrain in the joynts, or for any ſore.

Take three pound of freſh Butter unwaſhed, and ſet it into an Oven after the bread be drawn out, and let it ſtand two or three hours, then take the cleareſt of the Butter, and put it into a poſnet, then take the tops of red Nettles, and chop them very ſmall, and put ſo many Nettles to the Butter, as will be moiſtned with the Butter,

and

and ſo ſet it on the fire, and boil it ſoftly five or ſix hours, and when it is ſo boyled, put thereto half a pint of the beſt oyle Olive, and then make it boil a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

Mr. Aſhleys *Ointment.*

Take ſix pound of *May* Butter unſalted, one quart of Sallet Oyle, four pound of Barrows greaſe. one pound of the beſt Roſin, one pound of Turpentine, half a pound of Frankincenſe; To this rate take theſe hearbs following, of each a handful, *viz.* Smallage, Balm, Lorage, Red Sage, Lavender, Lavender-Cotton, Herb-grace, Parſley, Cumferie called Boneſet, Sorrel, Laurel leaves, Birch leaves, Lungwort, Majoram, Roſemarie, Mallows, Cammomile, S. Johns Wort, Plantain, Allheal, Chickweed, Engliſh Tobacco, or elſe Henbane, Groundſell, Woundwort, Betony, Agrimonie, *Carduus Benedictus*, wild wine, or white Wine called Bryan, Adders tongue, Mellilot; pick all theſe Hearbs clean, waſh them, ſtrain them clean from the water, all theſe muſt be gathered after the Sun riſe, then ſtamp

all

all theſe Hearbs in a ſtone or wooden-morter, ſo ſmall as poſſible may be, then take your Roſin, and beat it to pouder with your Frankincenſe, and melt them firſt alone, then put in your Butter, your Hogs-greaſe and Oyle, and when all is melted, put in your hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave ſtirring of it in no wiſe a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigreaſe very finely beaten to pouder, and when you put in your Turpentine and Verdigreaſe, ſtir it well, or elſe it will run over, and ſo ſtir untill it leave boyling: Then put it in an earthen pot, ſtopping the pot very cloſe with a cloth and a board on the top, and ſet it in a dunghil of horſe-muck twenty one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then ſtrain all through a courſe cloth, into an earthen or gally pot, and when all is ſtrained, put to it half a pound of Oyle of Spike, and cover the pot cloſe untill you uſe it, and when you uſe it make it warm in Winter, and uſe it cold in Summer.

An approved Medicine for any ach in the joynt whatſoever.

Take half a pound of Roſin, half a pound of Frankincenſe, of Olibanum and Maſtick, of each one ounce, Wax, Deer Suet, Turpentine, of each two ounces, Camphire 2 drachms, beat the Olibanum, Maſtick, Roſin, and Frankincenſe, and Camphire in pouder, then put it in a braſs pan with a pottle of white Wine, and put in the Wax and Deer Suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire aud let it ſtand and cool untill the next day, then work it with your hand to work out the Wine, annointing your hands firſt with Oyle, then make it up in rouls, then as need ſhall ſerve, take thereof and ſpread it with a warm knife upon a fleſhie ſide of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it ſelf, pricking the Plaiſter full of holes.

A Scarcloth to be uſed againſt Carbuncles, red Sores, Biles, Swellings, or any hot Cauſes.

Take a wine pint of pure Sallet oyle, and put it into an earthen pot that is very large, and ſet it upon a very ſoft fire of Charcoal, and when it beginneth to boyl, ſtir it with a Haſel ſtick of one yeares ſhooting, then put into it two ounces of *Venus* Sope, that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boil very ſoftly, ſtirring it continually with this Hazle ſtick for the ſpace of two or three houres, you ſhall know when it is boyled by this, drop one drop thereof upon a board, and it will be ſtiffe, when it is enough, then take it from the fire, and put into it half an ounce of oyle of Bayes, then let it boil again a little, then let your cloathes be readie cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks which muſt be hollow in the middle, to ſtrip the cloathes through, then lay them abroad, untill they be cold upon a board, then roul them

up

up and keep them, and when you uſe them lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, and lay the other ſide, and let that lye as long.

Plague Water to be taken three times, for the firſt helpeth not.

Take a gallon of white Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of theſe Hearbs following, Roſewater a quarter of a pint, Rue, Sage, Vervain, Egrimonie, Betonie, Sallendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Wormwood, Dragons, Mugwort, all theſe hearbs muſt you ſhred in groſſe together, and ſteep it in the aforeſaid liquor the night before you diſtill it in a Roſewater ſtill, and then keep the firſt water by it ſelf being the weaker, and therefore fitter for Children, it helpeth all Fevers, Agues, and Plagues, being thus taken ſeven ſpoonfuls or thereabout of the ſtrongeſt bloud warm, and give it to the partie to drinke, in an ague or fever an hour before the fit come, and ſo to ſweat either by exerciſe, or in your bed.

bed, but your ſtomack muſt be emptie, and if it be taken for the Plague, then put into it a little Diaſcordium, or Methridate.

A defenſive Plaiſter.

Take the white of an Egg, and Bole-Armoniack, ſpread it on leather.

A Sirrup for a Cold.

Take Coltsfoot, Water Hyſop, water and Honey, put Liquoriee, Anniſe ſeeds, and Elecampane, put thereto the juyce of Fennel, and boil them well.

To ſtay the bleeding of a Wound.

Take a Charcoal red hot out of the fire, and beat it to pouder.

A Poulteſſe.

Take Milk, Oatmeal, and red Roſe-leaves, and a little Deers Suet.

For the running of the Reines.

Take cups of Acornes, and grate them, and grate ſome Nutmeg, put this in Beer, and drink.

For a Poulteſſe.

Take Linſeed, and beat it to pouder, boyle it in Milk with Mallowes and Sheeps Suet.

For a Blaſt.

Take a good quantity of Vervin, and boyle it in Milk, and waſh the Blaſt therewith very well, then bind the Hearbs very cloſe to it ſome few houres, after waſh it again the Milk being warmed, and ſo bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it feſter.

For a Blaſt.

Take a good quantity of Vericon being green, with as much Dill, chop them together,

ther, and boyle them in Bores greaſe as much as will cover them, and for want thereof ſo much *May* Butter, and when they be boyled together, let them ſtand two or three dayes, and then boyle it a little, and ſo ſtrain it through a cloth.

A Balſamum.

Take in the latter end of *September* good ſtore of Honeyſuckle berries, and put them in a body of a glaſſe Still ſtopped, and ſet it in hot horſe-dung eight dayes, diſtil it in Balm, then when you have drawn the water forth, pour the water into the ſtuffe again, ſtop it cloſe, and put it in the dung four and twenty houres, then ſet it in aſhes, and diſtil both water and oyle with a great fire as much as will come forth, and at laſt ſeparate the water from the oyle in Balm.

To make an excellent Oyle of Hypericon.

Take floures, leaves, and ſeeds of Hypericon as much as you liſt, beat them together, and infuſe them in white Wine that they may be covered therewith, and

ſet

ſet them in the Sun for ten dayes, then put thereto ſo much Oyle Olive as all the reſt doth weigh, and let it ſtand ten dayes more in the Sun, but look that you weigh the Oyle to know how much it is, then put thereto for every pound of Oyle two ounces of Turpentine, and one drachm of Saffron, and of Nutmegs, and Cloves, of each half an ounce, of Mirrh, and Roſin, of each an ounce, and of the root of Briony two ounces, put them all in a veſſel of glaſſe, and mix them well together, and ſet them in a veſſel of hot water, and then ſet thereto a head of glaſſe and Receiver well ſhut, and boyle it ſo long until no more will diſtil from it, which will be about four and twenty houres, then take it out, and ſtrain it whileſt it is hot, and keep it in a veſſel of glaſſe, and when you uſe it firſt heat it well, and apply it upon a wound without uſing any tent at all, this is excellent for a green wound, eſpecially if there be vaines, ſinews, or bones offended or cut, it keepeth wounds from putrifaction, it cleanſeth them, and eaſeth pain, and doth incarnate and skin them; it helpeth bruiſes, paines, aches, or ſwellings in any part, and is wonderful good

againſt venome or poyſon.

For the Falling Sickneſſe.

Take the roots of ſingle Pionies, grate them, drink them, and wear ſome of them about your neck.

For kibed heeles.

Take a Turnip, make a hole in the top of it, take out ſome of the pith, infuſe into that hole oyle of Roſes, then ſtop cloſe the hole, roaſt the Turnip under the embers, when it is ſoft, apply it plaiſter-wiſe warm to the Kibe, bind it faſt.

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Saltpeter, boyle it in a Goldſmiths earthen pot, with a very hot fire round about it, let it boyle till it be very black and melted, then take a quarter of an ounce, or ſixpenny weight of Roch Allum, and a quarter of an ounce of Brimſtone, break them, and put them in

the

the Saltpeter by little at once as it boyleth, and let it burn till the flame goe out of it ſelf, then pour it into a braſſe Ladle, or into a Chafer, and ſo let it ſtand till it be cold, and when you will uſe it, ſcrape it very fine with a knife, and put a little of it to the ſore eyes, hold down the eyelid till the pain be gone, then let water drop out of the eye: This Medicine taketh away the Pearle, the Pin, the Web in the eye, and all ſores and bloudſhed; it alſo helpeth the tooth-ach, being put into the hollow tooth with a little lint, if the tooth be not hollow rub it outward; finally, it helpeth a ſtincking breath, being eaten in the morning faſting.

For a ſcald Head.

Take a handful of Glovers ſhreds, and a handful of Dock roots, the pith taken out, and boyle them in ſtrong Ale until they be reaſonable thick, and annoint the head therewith.

For a bloudy Flux.

Take Rubarb and toaſt it, then grind

it to pouder, and take as much as will lye upon a ſixpence, and keep warm that day, the next day eat conſerve of Roſes mixed with Corral, and drink that day if yee will poſſet Ale made of Cammomil.

For the Itch.

Take one pound of Butter unwaſhed, and unſalted, three good handfuls of red Sage, and as much Brimſtone beaten into pouder as a Walnut, boyle theſe well together, and ſtrain it, and put in half an ounce of Ginger beaten ſmall.

For ſore Eyes.

Take new Hens dung out of the neſt, and put it into an Oven almoſt cold, let it lye there all night, then take the white of it, and beat it being dryed, and take as much of the pouder of Ginger finely beaten, and put to that half the like quantity of Sugar-candy, all which muſt be beaten very well and ſearced, then put it into the ſore eyes every night, and in the morning waſh it out with the water.

A

A Water for ſore Eyes.

Take a pint of fair running Water, of wild Daiſies, and three leaved Graſſe, of each a good handful, waſh the Hearbs very clean in a Collender, and put them into a clean Skillet of Water, let them boyle very well over the fire, until the Water look green, then take a little piece of Allum and put into the water when it is boyling, then taſte of the Water, and when it ſticks to the mouth, take as much Honey as will make it very ſweet, then after it hath boyled a little while take it off the fire, ſtrain it, and drop a little every night into the eyes.

An approved Application againſt any Surfeit.

Take the bottome of a Muncorn loaf, cut it about an inch thick, and as broad as the palm of your hand, toaſt it very well, then take of Sallade oyle, and Claret Wine, of each a like quantity, as much as will wet the toaſt well and throughly, warm it hot, then put the toaſt into it,

when the toaſt is well ſoaked, ſtrew the pouder of Cloves and Mace thereupon thick, then apply it to the ſtomack of the Patient as warm as he can indure it, it will purge upwards and downwards ſo often as you apply a freſh toaſt made as aforeſaid, this may be applyed ſo often as any one findeth their ſtomack ill at eaſe, although then it will not purge, except in caſe of a Surfeit.

A Medicine againſt the Plague.

Take of the root called Setwel to the quantity of half a Walnut, and grate it, of Triacle green one good ſpoonful, of fair water three ſpoonfuls, make all theſe more than luke-warm, and ſo drink them off in bed, and ſweat ſix or ſeven houres, and in your ſweat drink ſmall poſſet Ale made of ſmall drink as you need, but not till an hour and half after the taking of the Potion, and it will bring forth the Plague, for if you caſt the Medicine, you may take it the ſecond, third, or fourth time by the whole half, or leſſe meaſure, as your ſtomack will bear it: if any doe take it, and thereupon happen preſently ame nd-

amendment, or a riſing, or ſore, you may think it to be the ſickneſſe, for the nature of the Medicine is to prevent the Plague, and in others, to expel the ſore, if it be not taken too late, in which caſe the ſtomack will not break it eaſily, nor after two or three times taking, if you miniſter it to any, let it be at their firſt ſickneſſe, leaſt if their diſeaſe be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March*, and ſtill it in a glaſſe Still, it is a good Medicine to ſtop bloud, and for the heat and redneſſe of the face, and good to cure green Wounds.

For the Tooth-ach.

Take of Sparemints, and ground Ivy, of each a handful, and a good ſpoonful of Bay Salt, ſtamp all theſe very well together, and boyle them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boyle altogether until they come to a quarter of a pint, then ſtrain it, and put

it into a glaſſe, and ſtop it very cloſe, when your teeth doth ake, take a ſpoonful of it bloud-warm, and hold it in your mouth on that ſide the pain is.

For to make teeth ſtand faſt.

Take roots of Vervin in old Wine, and waſh the teeth therewith.

For the perillous Cough.

Take white Horehound, and ſtamp it, and wring out the juyce, and mingle it with Honey, and ſeeth it, and give it the ſick to drink; or elſe Sack, and Garlick ſeed, and roſt it in the fire, and take away the peelings, and eat the reſt with Honey, or elſe take Sage, Rew, Cummin, and pouder of Pepper, and ſeeth all theſe together in Honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in meat or drink.

Take a pottle of clear Water, and a good

good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the Hearbs and put in a good quantity of white ſugar, till you think it be ſome what pleaſant, and then put it into a veſſel wherein it may coole, and then take twenty or thirty Almonds, blanch them, and beat them in a Morter, and when the Water is cold put it to the Almonds, and then ſtrain it through a clean Cipris bag without compulſion, and if it be thick let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe epaticum*, and *Aloe ſuccatrine*, fine Cinnamon, and Myrrh, of each of them three drachms, Cloves, Mace, *Lignum Aloe*, Maſtick, *Bole Armoniack*, of each of them half a drachm, let all theſe things be well ſtamped in a clean Morter, then mingle them together, and after keep them in ſome cloſe veſſel, and take of it every morning two penny weight, in half a glaſſeful of white Wine, with a little water, and drink it in the morning at the dawning

ing of the day, and ſo may you, by the grace of God, goe ſafely into all infection of the air and Plague.

For a Tetter, or Ring-worm.

Take *Mercury* a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair porrenger, then take and mix them with the water of the Vine four or five ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, and take Poppey ſeeds one quarter of an ounce, beat that in a ſtone Morter with a ſpoonful of the water of the Vine, putting a little and a little, till you have ſpent the quantity of a pint, then put to half an ounce of the Milk of Coker-nut, ſo mix them well together with your firſt Receipt, and ſtrain them as you make Almond milk through a fair cloth, then keep it in a glaſſe for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of Sirupe of Roſes, one ounce of Sine, one pennyworth of Anniſe

Anniſe ſeeds, one ſtick of Licorice, one pint of Poſturn water, ſeeth them altogether till it ſeeth to half a pint, then ſtrain them forth, then boyle the two ounces of Sirupe of Roſes, and drink it warm.

For a red Face.

Take Brimſtone that is whole, and Cinnamon, of either of them by even proportion by weight, beat them into ſmall pouder, ſearſe it through a fine cloth upon a ſheet of white paper, to the quantity of an ounce or more, and ſo by even proportions in weight mingle them together in clean clarified Capons greaſe, and temper them well together until they be well mollified, and then put them to a little Camphire to the quantity of a Bean, and ſo put the whole confection in a glaſſe.

For a young Child to make water.

Boyle Organy in fair water, and lay it warm to the Childs Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot embers or aſhes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicine for the heat of the ſoles of the feet, that cometh by rheume or blond.

Take a quantity of Snailes of the garden, and boyle them in ſtale Urine, then let the Patient bath and ſet his feet therein, and uſing that often, he ſhall be cured.

Gaſcons *own Pouder.*

Take of pouder of Pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine pouder, and ſearce them, then take ſo much of the black toes of the Crabs clawes as of all the reſt of the pouders,

pouders, for that is the cheif worker, beat them, and ſearce them finely as you doe the reſt, then weigh them ſeverally, and take as much of the toes as you doe of all the reſt of the five pouders, and mingle them well together, and make them up into balls with jelly of Hartſhorn, whereunto put or infuſe a ſmall quantity of Saffron to give them colour, let them lye till they be dry and fully hard, and keep them for your uſe.

The Crabs are to be gotten in *May* or *September*, before they be boyled.

The doſe is ten or twelve grains in *Dragon* water, *Carduus* water, or ſome other Cordial water.

The Apothecaries in their compoſition of it, uſe to put in a drachm of good Oriental Bezar to the other pouders, as you may ſee in the preſcription following.

This is thought to be the true compoſition invented by *Gaſcon*, and that the Bezar, Musk, and Ambergrice, were added after by ſome for curioſity, and that the former will work without them as effectually as with them.

The

The Apothecaries Gaſcon *Pouder, with the uſe.*

Take of Pearles, white Amber, Hartshorn, eyes of Crabs, and white Corral, of each half an ounce, of black thighs of Crabs calcined two ounces, to every ounce of this pouder put a drachm of Oriental Bezar; reduce them all into very fine pouder, and ſearce them, and with Hartſhorn jelly with a little Saffron put therein, make it up into a paſte, and make therewith Lozanges or Trochiſes for your uſe.

You muſt get your Crabs for this pouder about *May* or in *September*, before they ſhall be boyled; when you have made them, let them dry and grow hard in a dry air, neitheir by fire nor Sun.

Their doſe is ten or twelve graines, as before preſcribed in the former page.

The Pouder preſcribed by the Doctors in their laſt London *Diſpenſatory*, 1650. *called by the Pouder of Crabs clawes.*

Take of prepared Pearles, eyes or ſtones of

of Crabs, of red Corral, of white Amber, of Hartſhorn, of Oriental Bezar ſtone, of each half an ounce, of the pouder of the black tops of the clawes of Crabs to the weight of all the former; make them all into pouder according to Art, and with jelly made with the skins or caſtings of our Vipers, make it up into ſmall Tablets or Trochiſces, which you muſt warily dry as before preſcribed, and reſerve for your uſe.

The Counteſſe of Kents *Pouder, good againſt all malignant and peſtilent, Diſeaſes, French Pox, Small Pox, Meaſels, Plague, Peſtilence, malignant or ſcarlet Fevers, good againſt Melancholy, dejection of Spirits, twenty or thirty grains thereof being exhibited in a little warm Sack or Hartſhorn jelly to a man, and half as much, or twelve graines to a Child.*

Take of the Magiſtery of Pearles, of Crabs eyes prepared, of white Amber prepared, Hartſhorn, Magiſtery of white Corral, of *Lapis contra Parvam*, of each a like quantity, to theſe pouders infuſed put of the

the black tips of the great clawes of Crabs, to the full weight of all the reſt, beat theſe all into very fine pouder, and ſearce them through a fine Lawn Searce, to every ounce of this pouder adde a drachm of true Oriental Bezar, make all theſe up into a lump or maſſe with the jelly of Hartſhorn, and colour it with a little Saffron, putting thereto a ſcruple of Ambergrice, and a little Musk alſo finely poudered, and dry them (made up into ſmall Trochiſes) neither by fire nor Sun, but by a dry air: you may give to a man twenty graines of it, and to a child twelve graines.

FINIS.

A

True Gentlewomans

DELIGHT.

Wherein is contained all manner of COOKERY:

Together with *Preſerving, Conſerving, Drying and Candying,*

Very neceſſary for all Ladies and Gentlewomen.

Publiſhed by *W. I.* GENT.

LONDON,

Printed by *G. D.* and are to be ſold by *William Shears*, at the Sign of the Bible in S^t. *Pauls* Church-yard, 1653.

To the Vertuous and moſt Hopefull Gentlewoman, Mis. Anne Pile, *Eldeſt Daughter of the Honorable Sr.* Francis Pile *Baronet, deceaſed.*

Moſt accompliſht LADY,

THe many ſingular favours, which I have received, not onely from your worthy ſelf, but alſo from your thrice noble progenitors, juſtly oblige me by all the due tyes of gratitude, to tender a juſt acknowledgement: I wiſh the ſame heart, that for many and juſt cauſes truly honours you, had any preſent worthy your acceptance. Now ſhall it be your ſingular goodnes to patronage this ſmall Treatiſe, which (if I miſtake not) carries with it two parts, Delight, and Utilitie. I doubt not then, but that it will find a generall ac-

ceptance among all those, who are any way the least Lovers of such pleasing and all delightfull studies. I intend not to paraphrase upon its worth, its use, and singular profit, which abundantly speaks it second unto none that have been published of the like nature: So hoping you will accordingly esteem of it, I begg pardon for my boldnes, and rest ever,

A true and faithfull
honuorer of your transparent Vertues,
W. J.

TO THE READER.

FRIENDLY READER.

HEer thou haſt a ſmall Treatiſe entituled, A true Gentlewomans Delight, *preſented to thy view: be ſo courteous as to read before thou cenſure it. If then the effect be anſwerable to it's name, I ſhall be rihht glad: If their be any Errors, it will be no error, but a ſingular token of thy exemplar humanity to paſs it by, and ſign it with thy pardon; for which I engage my ſelf,*

Thine on the
like occaſion

W. J.

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A TRUE GENTLEWOMANS DELIGHT.

To make an Excellent Jelly.

TAke three gallons of fair water, boyl in it a knuckle of Veal, and two Calves feet ſlit in two, with all the fat clear taken from between the claws, ſo let them boyl to a very tender Jelly, keeping it clean ſcummed, and the edges of the pot, alwayes wiped with a clean cloth, that none of the ſcum may boyl in, then ſtrain it from the meat, and let it ſtand all night, the next morning take away the top and the bottome, and take to every

quart of this Jelly, half a pint of Sherrie Sack, half an ounce of Cinnamon, and as much Sugar as will ſeaſon it, ſix whites of Eggs very well beaten, mingle all theſe together, then boyl it half an hour, and let it run through your Jelly Bag.

To make a Chriſtall Jelly.

Take two Calves feet, ſley them, and lay them in fair ſpring water with a knuckle of Veal, ſhift it in half a doſen waters, take out the fat betwixt the claws, but doe not break the bones, for if you doe, the marrow of the Bones will ſtain the Jelly, when they are ſoft and pickt very clean, boyl them very tender in ſpring Water, when they be boyled tender, take them up, and uſe them at your pleaſure to eat, let the broth ſtand in an earthen pot or Pipkin till it be cold, then take away the bottome and the top, and put the clear into a fair Pipkin, put into it half a pound of fair Sugar Candie, or other Sugar, three drops of oyle of Nutmeg, three drops of oyle of Mace, and a grain of Musk, and ſo let it boil leaſurely a quarter of an hour, then let it run through a Jellie

a Jellie bag into a gallie pot when it is cold, you may ſerve it in little careleſs lumps being taken out with a childes ſpoon, and this is the beſt way to make your Chriſtal Jelly.

To make Apple Cream at any time.

Take twelve Pippins, pare and ſlit them, then put them in a skillet, and ſome Claret Wine, and a race of Ginger ſhred thin, and a little Lemon pilled ſmall, and a little Sugar, let all theſe ſtand together till they be ſoft, then take them off, and put them in a diſh till they bee cold, then take a quart of Cream boyld with a little Nutmeg a while, then put in as much of the apple ſtuffe, to make it of what thickneſs you pleaſe, and ſo ſerve it up.

To make a Triſle Cream.

Take ſome Cream, and boyl it with a cut Nutmeg, and Lemon pill a while, then take it off, cool it a little, and ſeaſon it with a little Roſewater and Sugar to your taſte, let this be put in the thing you ſerve it in, then put in a little Run-

net to make it come, then it is fit to eat.

To make clouted Cream.

Take three gallons of new Milk, ſet it on the fire till it boyleth, make a hole in the middle of the cream of the Milk, then take a pottle or three pints of very good cream, put it into the hole you made in the middle of the Milk as it boyleth, and let it boil together half an hour, then put it into three or four milk-pans, ſo let it ſtand two dayes, if the weather be not too hot, then take it up in clouts with a ſcummer or ſlice, and put it in that which you will ſerve it, if you like it ſeaſoned, you may put ſome Roſewater between every clout as you lay one upon another, with your ſlice in the diſh you mean to ſerve it in.

To make a Quince Cream.

Take the Quinces and put them into boyling water unpared, and let them boil very faſt uncovered that they may not colour, and when they are very tender, take

take them of, and peel them, and beat the pap very ſmall with Sugar, and then take raw cream, and mixe with it, till it be of fit thickneſs to eat like a cream, but if you boil the cream with a ſtick of Cinnamon, I thinke it the better, but it muſt ſtand till it be cold before you put it to the Quinces.

To make a freſh Cheeſe.

Take a pint of freſh cream ſet it on the fire, then take the white of ſix eggs, beat them very well, and wring in the juyce of a good Lemon into the whites, when the cream ſeeths up, put in the whites, and ſtir it about till it be turned, and then take it off, and put it into the cheeſe-cloth, and let the whay be drawn from it, then take the curd and pound it in a Stone morter with a little Roſe water and Sugar, then put it into an earthen Cullender, and ſo let it ſtand till you ſend it to table, then put it into a diſh, and put a little ſweet cream to it, and ſo ſerve it in.

To make a Codling Cream.

After your Codlings be throughly cooled and yeelded, put them into a ſilver diſh, and fill the diſh almoſt half full with Roſewater, and half a pound of Sugar, boyl all this liquor together, untill half be conſumed, and keep it ſtirring till it be ready, then fill up your diſh with ſweet cream, and ſtirr it till it be well mingled, and when it hath boyld round about the diſh, take it up, ſweeten it with Sugar, and ſerve it cold.

How to make a Goosberrie Fool.

Take your Goosberries and pick them, and put them into clean water, and boyl them till they be all as thick that you cannot diſcern what it is to the value of a quart, take ſix yolks of Eggs well beaten with Roſe water, and before you put in your Eggs ſeaſon, it well with Sugar, then ſtrain your Eggs, and let them boil a little while, then take it up, and put it into a broad diſh, and let it ſtand, till it be cold, thus it muſt be eaten.

How

How to make a white Foole.

Take a quart of Cream, and ſet it over the fire, and boyle it with whole Cinnamon, and ſliced Nutmeg, and Sugar, then when it is almoſt ready take the whites of ſix Eggs, well beaten with Roſewater, and skum off the froth from them, and put it into the Cream, and boyle it together a pretty while, then ſeaſon it, and take the whole Spice out of it, and put it up in a broad diſh, and when it is cold then it muſt be eaten.

To make a Goosberry Cuſtard.

Take as many Goosberries as you pleaſe, boyle them till they be ſoft, then take them out, and let them ſtand and cool, and drain them, draw them with your hand through a canvas Strainer, then put in a little Roſewater, Sugar, and three Whites, and ſtirre them all together, and put them in a Skillet, and ſtirre them apace elſe they will burn, let them ſtand and cool a little while, and take them off, and put them in a glaſſe.

To make a Foole.

Take two quarts of Cream, ſet it over the fire, and let it boyle, then take the yolks of twelve Eggs, and beat them very well with three or four ſpoonfuls of cold Cream, before you put the Eggs into the hot Cream, take three or four ſpoonfuls of the Cream out of the Skillet, and put it into the Eggs, and ſtirre it together, and then ſtrain the Eggs into the Skillet of hot Cream, ſtirring it all the time to keep it from turning, then ſet it on the fire, and let it boyle a little while, but keep it with ſtirring for fear of burning, then take it off, and let it ſtand and cool, then take two or three ſpoonfuls of Sack and put it in the diſh, and ſome four or five Sippits, and put them in the Sack in the diſh, ſet the diſh and Sippits a drying, and when they be dry that they hang to the diſh, ſweeten the Cream, and pour it in the diſh ſoftly becauſe the Sippits ſhall not riſe up, this will make three diſhes, when it is cold it is fit to be eaten.

To make Cheese-cakes.

For the cruſt take half a pint of Flower, and four ſpoonfuls of cold Water, and three parts of a quarter of a pound of Butter, beat and knead theſe together, and put the paſte aſunder ſeveral times, then roule it ſquare, and turn it over, then take a pint of Cream, and ſeven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Currens plump before you put them in, and a whole Nutmeg grated on a knife, the Pepper muſt be beaten but not too much, it muſt be gently boyled and ſtirred as you doe buttered Eggs, the ſtuffe muſt be cold, and then put in the coffin and ſo bake it.

To make a Sack Poſſet.

Take two quarts of pure good Cream, a quarter of a pound of the beſt Almonds, ſtamp them into the Cream, and boyle Amber and Musk therein, then take a pint of Sack in a baſon, and ſet it on a chafing-diſh till it be bloud-warm, then take the yolkes of twelve Eggs, with four whites, and

and beat them very well together, and ſo put the Eggs into the Sack, and make it good and hot, let the Cream coole a little before you put it into the Sack, then ſtirre all together over the coales till it be as thick as you would have it, if you take ſome Amber, and Musk, and grind it ſmall with Sugar, and ſtrew it on the top of the Poſſet, it will give it a moſt delicate and pleaſant taſte.

To make Leach.

Make your Jelly for your Leach with Calves feet, as you do your ordinary Jelly, but a little ſtiffer, and when it is cold take off the top and bottom, and ſet it over the fire with ſome Cinnamon and Sugar, then take your Turnſele, being well ſteep in Sack, and cruſh it, and ſo ſtrain it into your Leach, and let it boyle to ſuch a thickneſſe, that when it is cold you may ſlice it.

To make yellow Leach.

Your yellow Leach is juſt the ſame, but inſtead of Turnſele you muſt colour it with Saffron, and when it is boyled enough then

put

put in your Saffron and not before, it muſt not boyle in it.

To make a ſlipcoat Cheeſe.

Take five quarts of new Milk from the Cow, and one quart of Water, and one ſpoonful of Runnet, and ſtirre it together, and let it ſtand till it doth come, then lay your Cheeſe cloth into the Vate, and take up your Curd as faſt as you can without breakiug, and put into your Vate, and let the Whey ſoak out of it ſelf; when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound for one hour more, then turn him when he hath ſtood two houres, lay three pound on him for an hour more, then take him out of the Vate, and let him lie two or three houres, and then ſalt him on both ſides, when he is ſalt enough, take a clean cloth and wipe him dry, then let him lie on a day or a night, then put Nettles under and upon him, and change them once a day, if you find any Mouſe turd wipe it off, the Cheeſe will come to his eating in eight or nine dayes.

To make Cheese-loaves.

Take the Curds of a tender new milk Cheese, and let them be well presſed from the Whey, and then break them as ſmall as you can poſſible, then take Crumes of Manchet, and yolkes of Eggs, with half the whites, and ſome ſweet Cream, and a little fine flower, mingle all theſe together, and make a paſte of it, but not too ſtiffe, then make them into little loaves and bake them, when they be baked, cut off the tops and butter them; with Sugar, Nutmeg, and melted Butter, and put it in with a ſpoon, and ſtirre it altogether, then lay on the tops, and ſeare them with ſcraped Sugar.

How to make a very good Tanſie.

Take fifteen Eggs, and ſix of the whites, beat them very well, then put in ſome Sugar, and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juyce of Spinage, or of Primroſe leaves, to make it green, then put in ſome more Sugar if it be not ſweet enough, then beat

it

, it again a little, and ſo let it ſtand till you fry it, the firſt courſe is in, then fry it with a little ſweet Butter, it muſt be ſtirred and fryed very tender, when it is fryed enough, then put it in a diſh, and ſtrew ſome Sugar upon it, and ſerve it in.

To make black Tart ſtuffe.

To a dozen pound of Prunes take half a dozen of Malligo Raiſins, waſh and pick them clean, and put them into a pot of water, ſet them over the fire till all theſe are like pulpe, and ſtirre them often leaſt they burn too, then take them off, and let them be rubbed through a hair Sieve hard with your hands, by little and little till all be through, then ſeaſon them to your taſte with ſearc'd Ginger.

To make yellow Tart ſtuffe.

Take four and twenty Eggs, and beat them with Salt together, and put into a quart of ſeething Milk, ſtirring it until it caudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through, when it is cold, take it and grind

grind it in a ſtone Morter with Sack and Sugar to your taſte, and otherwiſe to make it look white, leave the yolks, and inſtead of Sack put in Roſewater.

To make a made Diſh.

Take a quarter of a pound of Almonds, beat them ſmall, and in the beating of them put in a little Roſewater to keep them from oyling, ſtrain them into Cream, then take Arterchoak bottomes, and Marrow, and boyle the redneſſe of the Marrow out, then take a quart of Cream, and boyle it with Dates, Roſewater, and Sugar, and when it is boyled to a convenient thickneſſe take it off, and take your Arterchoak and pare of the leaves, and lay them into the diſh, and ſome Marrow upon them, then pour ſome Cream upon them, then ſet it upon coales till you ſerve it in.

To make Sauce for a ſhoulder of Mutton.

Take a few Oyſters, and ſome ſweet hearbs, and an Onion, and a pint of white Wine, and a little beaten Nutmeg, a little Salt,

Salt, and a large Mace, a little Lemon pild and a little Sugar, a little leaker posset, if you have no Oysters take Capers in the room of them, and some gravie of the Mutton.

To fry Applepies,

Take Apples and pare them, and chop them very small, beat in a little Cinnamon, a little Ginger, and some Sugar, a little Rosewater, take your paste, roul it thin, and make them up as big Pasties as you please, to hold a spoonful or a little lesse of your Apples, and so stir them with Butter not to hastily least they be burned.

To make Curd-Cakes.

Take a pint of Curds, four Eggs, take out two of the whites, put in some Sugar, a little Nutmeg, and a little flour, stir them well together, and drop them in, and fry them with a little Butter.

To make Furmentie.

Take a quart of sweet Cream, two or three

three ſprigs of Mace, and a Nutmeg cut in half, put into your cream, ſo let it boil, then take your French Barlie or Rice, being firſt waſhed clean in fair water three times, and picked clean, then boyle it in ſweet milk till it be tender, then put it into your cream, and boil it well, and when it hath boiled a good while, take the yolks of ſix or ſeven eggs, beat them very well, and thicken on a ſoft fire, boyl it, and ſtir it for it will quickly burn, when you thinke it is boyled enough, ſweeten it to your taſte, and ſo ſerve it in with Roſewater, and Muſk Sugar, in the ſame manner you may make it with wheat.

To make an Arterchoak Pie.

Take the bottome of ſix Arterchoaks, being boyled very tender, put them in a diſh, and put ſome vinegar over them, ſeaſon them with Ginger and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay ſome marrow, and Dates ſliced in, and a few Raiſins of the Sun in the bottome, with good ſtore of butter, ſo cloſe the Pie, and when it

it is half baked, take a diſh of Sack, being boyled firſt with Sugar, and a pill of Orange, put it in your pie, and ſet it in the Oven again, till you uſe it.

To make a Chicken Pie.

Make your paſte with good ſtore of Butter, and yolks of Eggs and Sugar, then take ſix chickens ſmall, taking out the breaſt-bone, and truſſing them round, take two Nutmegs, and a good quantity of Cinnamon, and put it in in little pieces, take two yolks of eggs, and beat them with ſix ſpoonfuls of verjuyce, then take your juyce and verjuyce, and a little ſalt, ſtir them well together, take a good deal of butter, and wet it in the verjuyce, and put it in the bellies of the Chickens, ſo lay them in the pie with butter under them, then take half a pound of Currants waſhed and dried, ſo lay them on the top of the Chickens, with a little piece of Marrow, Barberies, Grapes, and good ſtore of Butter and Sugar as will ſeaſon it, a little before you draw out your Pie, put in Verjuyce and Sugar boyled together.

To bake Beef like red Deer.

Take a pound of Beef, and ſlice it thin, and half a pint of good wine Vinegar, ſome three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt according to your diſcretion, and a little Sugar, mix theſe together, take a pound and half of Suet, ſhred and beat it ſmall in a morter, then lay a row of Suet, a row of Beef, ſtrow your ſpices between every lain, then your Vinegar, ſo doe till you have laid in all, then make it up, but firſt beat it cloſe with a rowling pin, then preſſe it a day before you put it in your paſt.

To roſt a ſhoulder of Mutton with Thyme.

Draw your ſhoulder of mutton, and when it is half roaſted, ſave the gravie, and cut a good deal of the inſide of it, and mince it groſſe, and boyl it in a diſh with the gravie, and Time, Claret wine, and ſliced Nutmeg, and when your ſhoulder is roſted, lay it in the diſh with ſliced Lemon, but remember to ſcorch your

your Mutton in roſting, as you doe when you boil it.

To roſt a ſhoulder of mutton with Oyſters.

When you open the Oyſter ſave the liquor, then ſeaſon them with Pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three eggs chopped ſmall, and ſome Currans parboiled a little, then ſtuffe your ſhoulder of mutton thick with your Oyſters, then ſeaſon it, and lay it to the fire, and roſt it, then take the reſt of your Oyſters and boil them with a little white Wine, and ſome Butter, this is ſauce for your ſhoulder of mutton, when your Oyſters are opened, you may perboil them in their own liquor, then take them out and ſeaſon them.

To make Angellets.

Take a quart of new Milk, and a pint of cream, and put them together with a little runnet, when it is come well, take it up with a ſpoon, and put it into the vate ſoftly, and let it ſtand two dayes till it is

pretty ſtiffe, then ſlip it out, and ſalt it a little at both ends, and when you thinke it is ſalt enough, ſet it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make Black Puddings.

Take your bloud when it is warm, put in ſome ſalt, and when it is cold throughly, put in your groats well pickt, and let it ſtand ſoking a night, then put in hearbs, which muſt be Roſemary, large Savorie, Penniroyal, Thyme and Fennel, then make it ſoft with putting of good cream hot, untill the bloud look pale, then beat four or five eggs whites and all, and mingle it, then ſeaſon it with Cloves, Mace, Pepper, Fennel ſeeds, then put good ſtore of Beef Suet in your ſtuffe, and mince your fat not to ſmall.

To make white Puddings.

After the humbles are very tender boyled, take ſome of the lights, with the hearts, and all the fleſh and fat about them, picking from them all the ſinnews and

and skin, then chop the meat ſmall as can be, then put to it a little of the Liver finely ſearced, ſome grated bread ſearced, four or five yolks of Eggs, a pint of very good cream, a ſpoonful or two of Sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Canary ſeeds, a little Roſewater mingled with a good deal of Swines fat, a little Salt, roul it in rouls two houres before you goe about it, let the fat ſide of the skin be turned and ſteeped in Roſewater till you fill them.

To make Almond Puddings.

Take a pound of Almonds blanched, and beat them very ſmall, with a little Roſewater, boyl good milk with a flake of Mace, and a litle ſliced Nutmeg, when it is boyled take it clean from the ſpice, then take the quantity of a penny loaf grate it, and ſearce it through a Collender, and then put it into the milk, and let it ſtand till it be prettie cool, then put in the almonds, and five or ſix yolks of Eggs, and a little Salt and Sugar, what you

thinke fit, and good ſtore of Beef ſuet, and Marrow very finely ſhred.

To make a Pudding to bake.

Take a pennie loaf, pare it, ſlice it in a quart of Cream, with a little Roſewater, and break it very ſmall, take three ounces of Jordan Almonds blanched, and beaten ſmall with a little Sugar, put in ſome eight Eggs beaten, a Marrow bone, and two or three Pippins ſliced thin, or any way, mingle theſe together, and put in a little Amber greece if you pleaſe.

To make a boyld Pudding.

Take a pint of cream or milk, boyl it with a ſtick of Cinnamon a little while, and take it off, & let it ſtand till it be cold, put in ſix Eggs, take out three whites, beat your Eggs a little before you put them into the milk, then ſtir them together, then take a pennie roule and ſlice it very thin, and let it lie and ſoke, and then braid it very ſmall, then put in ſome Sugar, and butter your cloth before you put it in, it will take but a little while ſeething, and

when you take it up, melt a little freſh Butter and a little Sack, and Sugar, beat all theſe together, and put it into the diſh with your pudding to be ſerved in.

To make a Cream Pudding to be boiled.

Take a pint and a half of thick cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight Eggs, with four whites beaten, and Almonds blancht a pound, and ſtrained in with the cream, a little Roſewater and Sugar, and a ſpoonful of flour ſearced very fine, then take a thick napkin, wet it, and rub it with flour, and tie the pudding up in it where Mutton is boyled, or in the Beef-pot, remember to take out the whole ſpice out of the cream when it is boyled, the ſauce for this pudding is a little Sack, and Sugar, a prettie piece of Butter, you muſt blanch ſome Almonds, when they are blanched, cut every Almond in three or four pieces the long way, and ſtick them up an end upon the pudding very thick.

To make a Whitepot.

Take a pint and a half of cream, a quarter of a pound of Sugar, a little Roſewater, a few Dates ſliced, a few Raiſins of the Sun, ſix or ſeven Eggs, and a little large Mace, a ſliced Pippin, or Lemon cut ſippet faſhion, for your diſhes you bake in, and dip them in Sack or Roſewater.

To make a forc'd diſh of any cold meat.

Take any cold meat and ſhred it ſmall, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a ſpoonful or two of Roſewater, a little grated bread, a little Beef ſuet ſhred ſmall, make it up into balls or any faſhion you pleaſe, and boyl them in fried ſuet between two earthen diſhes, your ſuet muſt boil before you put in your meat; for ſauce, a little Butter, Verjuyce, and Sugar.

To make a forc'd diſh of a Leg of Mutton, or Lamb.

Take a Leg of Mutton, or Lamb, cut out the fleſh, and take heed you break not the skin of it, then perboyle it, and mince it with a little Beef ſuet, put into it a little ſweet Hearbs ſhred, three or four Dates ſliced, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuyce, three or four Eggs, mix them together, and put them in the skin, and ſet it in a diſh and bake it.

To boyle a Calves head with Oyſters.

Take the head, and boyle it with Water and Salt, and a little white Wine or Verjuyce, and when it is almoſt enough, then cut ſome Oyſters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquour of the Oyſters, then put it together, and put it to the Calves head, and the largeſt Oyſters upon it, and a ſlit Lemon, and Barberries, ſo ſerve it in.

To fry a coaſt of Lamb.

Take a coaſt of Lamb, and perboyle it, take out all the bones as near as you can, and take ſome four or five yolkes of Eggs beaten, a little Thyme, and ſweet Majoram, and Parſly minced very ſmall, and beat it with the Eggs, and cut your Lamb into ſquare pieces, and dip them into the Eggs and Hearbs, and fry them with Butter, then take a little Butter, white Wine, and Sugar for ſauce.

To ſtew Sauceſedges.

Boyle them in fair Water and Salt a little, for ſauce boyle ſome Currans alone, when they be almoſt tender, then pour out the water, and put in a little white Wine, Butter, and Sugar.

To boyle Ducks.

When they be half boyled, take a quart of the liquour and ſtrain it, and put a quart of white Wine, and ſome whole Mace, Cloves, and Nutmegs ſliced, and Cinnamon

mon, and a few Onions ſhred, a bundle of ſweet Hearbs, a few Capers, and a little Sampire, when it is boyled put ſome Sugar to ſeaſon it withall.

To make white Broth with a Capon.

Truſſe your Capons, and boyle them in fair Water, and when they are half boyled, take out three pints of the liquour, and put it to a quart of Sack, and as much white Wine, and ſlice two ounces of Dates half or quarter wiſe as you pleaſe, a little whole Mace, Cloves, and Cinnamon, a Nutmeg ſhred, of each a little quantity, boyle the broth in a pipkin by it ſelf, untill the Dates begin to be tender, then put in the marrow of two bones, and let it boyle a little, not too much for fear, then when your Capons be near ready, break twenty Eggs, ſave the yolkes from the whites, and beat the yolkes untill you may take up a ſpoonful and it will not run beſide the ſpoon, then you muſt put a little cold broth to them, and ſo ſtrain them through a cloth, then take up ſome of the hot broth to heat your Eggs, becauſe elſe it will turn, let it have a walm or two after

after your Eggs be in, but not ſeeth too much for fear it turnes, then diſh your Capons, and pour your broth on them, and garniſh your diſh as you pleaſe.

To make ſtewed Broth.

Take a neck of Mutton, or a rump of Beef, ſet it boyle, and ſcum your pot clean, thicken your pot with grated bread, and put in ſome beaten Spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raiſins of the Sun, two pound of Prunes laſt of all, then when it is ſtewed, to ſeaſon it put in a quart of Claret, and a pint of Sack, and ſome Saunders to colour it, and a pound of Sugar to ſweeten it, or more if need be, you muſt ſeeth ſome whole Spice to garniſh your diſh withall, and a few whole Prunes out of your pot.

To make gallendine Sauce for a Turkey.

Take ſome Claret Wine, and ſome grated Bread, and a ſprig of Roſemary, a little beaten Cloves, a little beaten Cinnamon, and ſome Sugar.

An

An exceeding good way to ſtew Chickens.

Take Chickens, fley them, and cut them in pieces croſſe way, then put them in a Pipkin or Skillet, and cover them almoſt with Pepper, and Mace, and Water, ſo let it ſtew ſoftly with a whole Onion in it till part of that liquour be conſumed, then put in as much white Wine as will cover them again, take Parſly, ſweet Majoram, Winter Savory, with a little Thyme, and ſhred them very ſmall, and put them in, and let them boyle till they are almoſt enough, then put in a good piece of Butter.

To boyle a leg of Mutton.

Take a leg of Mutton and ſtuffe it, for the ſtuffing take a little Beef ſuet, and a few ſweet Hearbs, chop them ſmall, and ſtuffe it, and then boyle it, and put in a handful of ſweet Hearbs, cut them ſmall, mingle a hard Egg amongſt the Hearbs, and ſtrew it upon the Mutton, melt a little Butter and Vinegar, and pour it into the diſh, and ſend it in.

To keep Quinces all the year.

First you muſt core them, and take out the kernels clean, and keep the cores and kernels, then ſet over ſome water to boyle them, then put them in when you ſet over the water, then let them boyle till they be a little ſoft, and then take them up, and ſet them down till they be cold, then take the kernels and ſtamp them, and put them into the ſame water they were boyled in, and let them boyle till they be thick, ſee you have as much liquour as will cover the Quinces, and if you have not enough, take of the ſmalleſt Quinces and ſtamp them to make more liquour, and when it is boyled good and thick, you muſt ſtrain it through a courſe cloth, and when the Quinces be cold, then put them into a pot, and the liquour alſo, and be ſure the liquour cover them, you muſt lay ſome weight upon them to keep them under, ſo cover them cloſe, let them ſtand fourteen dayes, and they will work of their own accord, and they will have a thick rind upon them; and when they wax hoary or thick, then take it from the liquour,

for

for it will have a skin on it within a month or ſix weeks.

To pickle Cowcombers.

Take the Cowcombers, and waſh them clean, and dry them clean in a cloth, then take ſome Water, and Vinegar, and Salt, and ſome Dill tops, and ſome Fennel tops, and a little Mace, make it faſt enough, and ſharp enough to the taſte, then boyle it a while, and then take it off, and let it ſtand and be cold, and then put in the Cowcombers, and lay a board on the top to keep them down, and tye them cloſe, and within a week they will be fit to eat.

To pickle Purſlain.

Take the Purſlain, and pick it in little pieces, and put it into a pot or a barrel, then take a little Water, Vinegar, and Salt to your taſte, it muſt be pretty ſtrong of the Vinegar and Salt, and a little Mace, and boyle all theſe together, and pour this liquour in ſeething hot into the Purſlain, and when it is cold tye it cloſe, but put a little board on the top to ſteep

it

it down, and within a week or two it is fit to eat.

To doe Clove-gilliflowers up for ſalletting all the year.

Take as many Clove-gilliflowers as you pleaſe, and ſlip off the leaves, then ſtrow ſome Sugar in the bottome of the gallipot that you doe them in, and then a lane of Gilliflowers, and then a lane of Sugar, and ſo doe till all the Gilliflowers be done, then pour ſome Claret Wine into them as much as will cover them, then cut a piece of a thin board, and lay it to them to keep them down, then tye them cloſe, and ſet them in the Sun, and let them ſtand a moneth or thereabouts, but keep them from any rain or wet.

To pickle Broom buds.

Take as many Broom buds as you pleaſe, make linnen bags, and put them in, and tye them cloſe, then make ſome brine with Water and Salt, and boyle it a little, let it be cold, then put ſome brine in a deep earthen Pot, and put the bags in it, and

and lay ſome weight upon them, let it lye there till it look black, then ſhift it again, ſo you muſt doe as long as it looks black, you muſt boil them in a little cauldron, and put them in vinegar a week or two, and then they be fit to eat.

To Pickle Oyſters.

Take your Oyſters and pick them out of the ſhels, and ſave the liquor that cometh from them, then take your Oyſters one by one, and waſh them clean out of griſt, then ſtrain the liquor, then take a quantity of white wine, and a large Mace or two, and two or three ſlices of Nutmeg, and Pepper groſly beaten, and ſalt them, boyl it together, then put in your Oyſters and boil them, then take the yolke of an Egg, and beat it well with Wine Vinegar, then take up your Oyſters, and let them cool, then put in your Egg and let it boyl, hang it off, and let it cool, and put it up together.

To make grout.

Take ſome Wheat and Beans, and when you have made it into Malt, then rittle it, then take ſome water, or ſome ſmall Wort, and heat it ſcalding hot, and put it into a pail, then ſtir in the Malt, then take a piece of ſour leaven, then ſtir it about, and cover it, and let it ſtand till it will cream, then put in ſome Orange pills, then put it over the fire and boil it, keeping it ſtirring till all the white be gone.

To make jellie of Marmalet.

Take Quinces and pare them, cut them into water in little pieces, and when you have done all, then take them out of the water and weigh them, and to every pound of Quinces, take five quarters of a pound of Sugar, and half a quarter, then put it into the Skillet, and put as much water as will make it pretty thin, then ſet it on the fire, then clarifie it with the white of an Egg, and ſcum it off cleer, then put in your Quinces, and let it boil a prettie pace, and cover it cloſe, till it

is

is prettie thick, then leave ſtirring it till it is thick enough for Marmalet, then take it off, and put it in your glaſſe, and doe it with your knife in litttle works, when you have done let it ſtand, your coſtly muſt boyl all the while, you muſt put in as much water as will make it prettie thin, when it is boyled to a prettie good colour, then ſtir it, and weigh it, then take of loaf Sugar as much as it weighs and boil it altogether to a Jellie, then pour it into your Marmalet glaſſe, then put it in a ſtove, and put ſome fire in every day.

To make Jelly of Pippins.

Take Pippins and pare them, and quarter them, and coar them, lay them in water, and when you ſet them on the fire, ſhift them in another water, and put them in a skillet, put as much water as will cover them and a little more, ſet them over the fire, and make them boil as faſt as you can, when the Apples are ſoft, and the liquor taſte ſtrong of the Apples, then take them off, and ſtrain them through a piece of canvaſs gently; take to a pound of juyce a pound of Sugar, then ſet it

on the fire, when it is melted, ſtrain it into a baſon, and rince your skillet again, ſet it on the fire, and when it is boyled up, then ſcum it, and make it boyl as faſt as you can, and when it is almoſt boiled, put in the juyce of three Lemons ſtrained through a cloth, if you will have Orange pill, pare it thin, that the white be not ſeen, and then lay it in the water all night, then boil them in water till the pill be ſoft, then cut them in long peeces, then put it into the Sirrup, and ſtir it about, and fill your glaſſes, and let it ſtand till it be cold, and then it is ready to eat.

To preſerve Oranges.

Take a pound of Oranges, and a pound of Sugar, pill the outward rind, and inward white skin off, take juyce of Oranges, put them into the juyce, boil them half an hour, and take them off.

To preſerve green Walnuts.

Take Walnuts, and boil them till the water doe taſte bitter, then take them off and put them in cold water, and pill o[ff]

the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the Sugar, ſet them on the fire, and when they boyl up, take them off, and let them ſtand two dayes, and boil them again once more.

To preſerve white Quinces.

Take a pound of Quinces, boil them with the skins on, but core them and pare them, take a quarter of a pound of Sugar, with water no more then will wet the Sugar, put the Quinces into it preſently, boil them as faſt as may be, and skin them, when the Sirrup is thick take it up.

To make Goosberrie Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two ſpoonfuls of water, and put them on the fire, and ſtir them as you did the former.

To preſerve Resberries.

Take as many as you pleaſe, a lay of

Sugar, and a lay of Resberries, and ſo lay them into the Skillet, and as much Sugar as you thinke will make Sirupe enough, and boil them, and put two ſpoonfuls of water in, boſcom it, take it off, and let it ſtand.

To preſerve Currans.

Part them in the tops lay a lain of Currans, and a lain of Sugar, and ſo boil them as faſt as you doe Resberries, doe not put in the ſpoon, but ſcum them, boyle them till the Sirrup be prettie thick, then take them off, and let them ſtand, till they be cold, and put them in a glaſſe.

To preſerve Medlers.

Take the juſt weight of Sugar as they weigh, to a pound of Sugar put a pint and a half of water, ſcald them as long as the skins will come off, ſtone them at the head, put the water to the Sugar, and boil it, and ſtrain it, put in the Medlers, boil them apace, let them

them ſtand till they be thick, then take them off.

To preſerve Goosberries.

Take the faireſt Goosberries you can get with the ſtalks one, prick three or four holes in every one of them, then take the weight of them in Sugar, lay the beſt part of the Sugar in the bottome of a Silver or peuter diſh, then lay your Goosberries one by one upon it, ſtrew ſome of the reſt of the Sugar upon them, and put two ſpoonfuls of the water into half a pound, then ſet the Goosberries on a chafing diſh of coales, and let them ſtand uncovered, ſcalding upon the fire a prettie while before they boil, but not too long, for then they will grow red, and when they be boyled, let them not boyl too faſt, when they be enough put them up, you muſt put the reſt of the Sugar on them as they boil, and that will harden them, and keep them from breaking.

To make Goosberrie Cakes.

Prick as many Goosberries as you pleaſe, and put them into an earthen pitcher, and ſet it in a kettle of water till they be ſoft, and then put them into a ſieve, and let them ſtand till all the juyce be out, and weigh the juyce, and as much Sugar, as Sirupe; Firſt boil the Sugar to a Candie, and take it off, and put in the juyce, and ſet it on again till it be hot, and take it off, and ſet them in a preſs till they be dry, then they are readie.

To doe Goosberries like Hops.

Take pricks of black Thorn, then take Goosberries, and cut them a little a croſſe, and then take out the ſtones, and then put them upon the pricks, and weigh as much Sugar, as they weigh, and take a quarter or a pint of water and put into the Sugar, and let it boil a while, then put in the hops, let them ſtand and ſcald two houres upon the coales till they be ſoft, then take out the

the Hops, and boil the Syrupe a while, then take it off, and put in the Hops.

To preſerve Apricocks.

Firſt ſtone them and weigh them, and take as much Sugar as Apricocks, put it in a Baſon, ſome in the bottome, and ſome on the top, let them ſtand all night, ſet them on the fire till they be ſcalding hot then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you pleaſe, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together till they be pretty ſtiffe, take them off, and put them in ſaucers.

To make Mackeroons.

Take half a pound of Almonds, put them in water, ſtamp them ſmall, put in ſome Roſe-water, a good ſpoonfull of floure, four eggs, half a pound of Sugar, in the beating of the Eggs, put in the Almonds

Almonds, heat the oven hot enough to bake a Cuſtard, put them in, when you have taken them out, let them ſtand till they be cold, they muſt be baked in earthen pans round, and buttered very thin.

How to preſerve White Damſons green.

Take white Damſons, ſcald them in water till they be hard, then take them off, and pick as many as you pleaſe, take as much Sugar as they weigh, ſtrew a little in the bottome, put two or three ſpoonfulls of water, then put in the Damſons and the Sugar, and boyl them, take them off, and let them ſtand a day or two, then boil them again, take them off, and let them ſtand till they be cold.

To preſerve Mulberries.

Take as many Mulberries as you pleaſe, and as much Sugar as they weigh: Firſt wet the Sugar with ſome juyce of Mulberies, ſtir your Sugar together, then put in your Mulberries, then boil them apace, till you thinke they are boyled enough, then take them off, and boil the Sirupe a while,

while, and put it into the Mulberries, let them ſtand till they be cold.

To preſerve Pippins white.

Take ſome Pippins and pare them, and cut them the croſſe way, and weigh them, and to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boyl a while, and then put in the Pippins, and let them boyl till they bee clear at the Core, take them off, and put them up.

To make white Quince Cakes.

Take Quinces and let them ſtand till they be cold, but not ſeethed till they be tender enough, then take them off, and pare them, then ſcrape off the ſofteſt, and doe it through a ſieve, and then weigh as much Sugar as it doth weigh, and beat it, and ſift it into the Quinces, and ſtir it altogether, and ſet it on the coals, and ſtir it about, but let it not boil at all, but let it ſtand and cool, till it be pretty thick, then take it off, and put it in glaſs ſancers.

To

To preſerve Grapes.

Stamp and ſtrain them, let it ſettle a while, before you wet a pound of Sugar, or grapes with the juyce ſtone the grapes, ſave the liquor, in the ſtoning take off the ſtalks, give them a boyling, take them off, and put them up.

To preſerve Damſons.

Take as many as you pleaſe, and weigh as much Sugar as they weigh, and ſtrew ſome in the bottome, and ſome on the top, and you may wet the Sugar with ſome Sirupe of Damſons, or a little water, then ſet them upon the fire, and let them ſtand and ſoke ſoftly about an hour, then take them off, and let them ſtand a day or two, then boil them up, till you think they be enough, take them off, and put them up.

How to make Cake of Lemons or Violets.

Take of the fineſt double refined Sugar, beaten very fine, and ſearced through fine Tiffenie, and to half a ſilver porin-

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ger of Sugar, put to it two ſpoonfuls of water, and boil it till it be almoſt Sugar again, then grate of the hardeſt rinded Lemon, then ſtir it into your Sugar, put it into your Coffins of Paper, and when they be cold take them of.

To preſerve Quinces red.

Take your Quinces and weigh them, to a pound put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it ſtand, your Quinces muſt be ſcalded till they be tender, take them off, pare them, and core them, but not too much, then put them in the skillet where the Sugar is, then ſet them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and ſtop it cloſe.

To make Biſket Bread.

Take a pound and a half of white loaf Sugar, and ſo much flower, as much Aniſe ſeed, Coliander ſeed, and Carraway ſeed as you pleaſe, and twelve Eggs, three whites left out, take the Sugar and ſift it fine,

fine, and the flower alſo, and beat your Eggs a little, then mingle them well together with four ſpoonfuls of damask Roſe-water, beat them well together, and put in two ſpoonfuls more, and beat it again about an hour and a half in all, then butter plate trenchers, and fit them with ſtuffe, ſcrape ſome Sugar on them, and blow it off againe, heat your oven hot enough to bake a Pie, and let the lid ſtand up a little while, to draw down the heat from the top, then take the lid down again, and let it ſtand till it be cool, that you may ſuffer your hand in the bottom, then ſet in the plates, and ſet up the lid again, untill they riſe, then take them out and looſe them from the plates, and ſcrape the bottoms, and let them ſtand four houres, then they be fit to eat.

To preſerve Grapes to look cleer and green.

Take a pound of Grapes with no ſtalks on them, when they doe begin to be ripe, then weigh as much double refined Sugar beaten ſmall, then take the Grapes that were weighed, ſtone them at the place where the ſtalks are, pull off the skins,

skins, and ſtrain ſome Sugar in the bottome of the thing you doe them in, and ſo lay them in the Sugar you did weigh, till you have ſtoned and pilled them, and ſo ſtrew the Sugar upon them, then ſet them on the fire, and let them boil as faſt as can be, till the Syrup be prettie thick, then take them off, and put them up till they be cold.

To Candie Apricocks.

Take your Apricocks the faireſt, and ſcald them, and peel them, between two clothes ſtruſh the water ſoftly out of them as dry as you can, without too much flatting them, then take as much ſearced Sugar almoſt as much as they weigh, and boil it altogether to a Candie height then take it off the fire, and lay the Apricocks in it one by one, with a feather annoint them over, then ſet them on a chafingdiſh of coales, and let them be through ſod but not boil, then take them off the fire, and ſet it in a ſtone or bloudwarm oven, and twice a day ſet them on a fire, and turn them once at every heating, annointing them with a feather, and the ſame Si-

rupe

rup every time you take them off the fire, this doe untill you ſee the Sirupe begin to ſparkle, and full of eyes, then take them out of the Sirupe, and lay them on glaſſe plates, and dry them in a ſtone or Oven, turning them a day or two, till they be dry, white Pear plums may be done thus.

To make Paſte of Goosberries, or Barberies, or Engliſh Currants.

Take any of theſe tender fruits, and boyl them ſoftly on a chafingdiſh of coals, then ſtrain them with the pap of a rotten Apple, then take as much Sugar as it weighs, and boil it to a Candie height, with as much Roſewater, as will melt the Sugar, then put in the pap of your fruit into the hot Sugar, and ſo let it boil leaſurely, till you ſee it reaſonable ſtiffe, almoſt as thick as for Marmalet, then faſhion it on a ſheet of glaſſe, and ſo put it into the Oven upon two Billets, that the glaſſe may not touch the bottome of the Oven, for if it doe it will make the paſte tough, and ſo let it dry leaſurely, and when it

it is dry, you may box it, and keep it all the year.

To make Paſte of Oranges and Lemons.

Take your Oranges and Lemons, and have on the fire two veſſels of fair water at once, boyl them, and then ſhift the water ſeven times, that the bitterneſs may be taken from them, and they very tender, then cut them through the midſt, and take out the kernels, and wring out all the water from them, then beat them in an Alablaſter morter, with the paps of three or four Pippins, then ſtrain it through a fine ſtrainer, then take as much Sugar as that pap doth weigh, being boiled to a Candie height, with as much Roſe-water as will melt the Sugar, then put the pap of your Oranges and Lemons into the hot Sugar, and ſo let it boil leiſurely with ſtirring, and when you ſee it ſtiffe as for Manchet, then faſhion it on a ſheet of glaſſe, and ſo ſet it in a Stove or Oven, and when it is throughly dry, boxe it for all the year.

To make Paſte Royall in Spice.

Take Sugar the quantitie of four ounces, very finely beaten and ſearced, and put into it an ounce of Cinnamon, and Ginger, and a grain of Muſk, and ſo beat it into paſte, with a little Gum-Dragon ſteeped in Roſewater, and when you have beaten it into paſte in a ſtone morter, then role it thin, and print it with your mouldors, then dry it before the fire, and when it is dry, box and keep it all the year.

To Candie Pears, Plums, or Apricocks, that ſhall look as clear as Amber.

Take your Apricocks and Plums, and give every one a cut to the ſtone in the notch, then caſt over Sugar on them, and bake them in an Oven as hot as for Manchet cloſe ſtopped, bake them in an earthen platter, let them ſtand half an hour, then take them out of the diſh, and lay them one by one upon glaſſe plates, and ſo dry them, if you can get glaſſes made like Marmalet boxes to lay over them they will be ſooner candi'd, this

is

is the manner to candie any ſuch fruit.

To make paſte Royall white that you may mak Court Bouls, or Caps, or Gloves, Shooes, or any prettie thing Printted in Moulds.

Take half a pound of double refined Sugar, and beat it well, and ſearce it through a fine lawn, then put it into a fine Alablaſter morter, with a little Gumdragon ſteeped in a little Roſe-water and a grain of Musk, ſo beat them in a morter, till it come to a prettie paſte, then roul it thin with a rouling pin, and print it with your moulders, like Gloves, Shooes, or any thing elſe. and ſome you may roul very thin with a rouling pin, and let dry in an Aſhen diſh, otherwiſe called a Court cap, and let it ſtand in the diſh till it be dry, and it will be like a ſaucer, you muſt dry them on a board far from the fire, but you muſt not put them in an Oven, they will be dry in two or three houres and be as white as ſnow, then you may guilt Box and Cap.

To make Fine Diet-Bread.

Take a pound of fine flower twice or thrice dreſt, and one pound and a quarter of hard Sugar finely beaten, and take ſeven new laid Eggs, and put away the yolks of one of them, then beat them very well, and put four or five ſpoonfuls of Roſewater amongſt them, and then put them into an Alablaſter or Marble morter, and then put in the flower and Sugar by degrees, and beat it or pound it for the ſpace of two houres, untill it be perfectly white, and then put in an ounce of Canary ſeeds, then butter your Plates or Saucers, and put into every one, and ſo put them into the oven; if you will have it gloſſe and Icie on the top, you muſt waſh it with a feather, and then ſtrew Sugar very finely beaten on the top before you put it into the Oven.

To preſerve Apricocks.

Take your Apricocks, and put them into a skillet of fair water, and put them over the fire, untill they be ſomething tender

tender, then take them up out of the water, and take a bodkin and thruſt out the ſtone at the top, and then peel off their skins, and when you have ſo done put them into a ſilver diſh or baſon, and lay Sugar very finely beaten over and under them, then put a ſpoonful or two of water unto them, and ſet them over a very ſoft fire until they be ready, then take them up, and lay them into another diſh a cooling, and if you ſee good boyle the ſirupe a little more, when they are cold, and the ſirupe almoſt cold, put them up in a gally-pot or glaſſe altogether.

To preſerve Damſons.

Take a pound or ſomething more of pure Sugar finely beaten, and then take a pound of Damſons and cut one ſcotch in the ſide of each of them, then put a row of Sugar in a ſilver diſh or baſon, and then lay in a row of Plums, and then cover it with Sugar, and ſo lay it in till they be all in, and then take two ſpoonfuls of clean water, and make a hole in the middle of them, and ſet it over a very ſoft fire, and look to it carefully, for fear the Sugar

ſhould burn, and when the Sugar is all diſſolved, ſhake them together, and ſtirre them gently, and then ſet them down and cover them till they be cold, and when they are cold, ſet them upon the coales again, and then let them boyle gently till they be ready, and when they are ready take them down, and take them every one by its ſtem, and cover them with the skins as well as you can, and then put them all one by one in a diſh, and if the ſirupe be not boyled enough, ſet it over and let it boyle a little longer, and when the Plums be cold, put them in a gally-pot or glaſſe, and pour the ſirupe to them while it is a little warm, you muſt not forget to take away the skin of the Plums as it riſeth.

To make Papp of Barly.

Take Barly, and boyle it in fair water ſoftly untill it begin to break, then put that liquour out, then put as much hot water to it as you put forth, and ſo let it boyle till it be very ſoft, then put it into a Cullender and ſtrain it, then take a hand-full of Almonds, and grind them very well with your Barly and ſome of the li-

quour,

quour, ſo ſeaſon it with Sugar, and a little Roſewater, a little whole Mace, and Cinnamon, and boyle them well together.

To candy Lemons and Oranges.

Take the peels of your Oranges and Lemons, the white cut away, then lay them in water five or ſix dayes, ſhifting them twice every day, then ſeeth them till they be very tender, then take them out of the water, and let them lye till they be cold, then cut them in ſmall pieces ſquare, the bigneſſe of a penny or leſſe, then take to every three two ounces of Sugar, put to it a quantity of fair Water, and a leſſe quantity of Roſewater, and make a ſirupe thereof, then skum it very clean, and put in your peels, and let them boyle for the ſpace of an hour or longer, if you find your liquour wanting you may put in more water at your pleaſure, then boyle them a little ſpace after with a little ſharp fire, ſtirring it alwayes for burning, then take it off the fire three or four times, ſtirring them all the while, and ſet them on again untill they be candied.

To make Cakes of Almonds.

Take one pound and a half of fine Flower, of Sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of Almonds, blanch them, and grind them fine in a Morter, then ſtrain them with as much Sack as will mingle the Flower, Sugar, and Almonds together, make a paſte, bake them in an oven not too hot.

To make white Lemon Cakes.

Take half a dozen of yellow Lemons the beſt you can get, then cut and pare them, leave none of the yellow behind, then take away the ſowre meat of it, and reſerve all the white, and lay it in water two dayes, then ſeeth it in fair water till it be ſoft, then take it out, and ſet it by till the water be gone from it, then weigh it, and take twice the weight in Sugar, mince the white ſtuffe very fine, then take an earthen pipkin, and put therein ſome fair Water, and ſome Roſewater, if you have a pound of Sugar, you muſt have half a pint of

of water, of both ſorts alike, let your water and Sugar boyle together, then skum it, and put in the ſtuffe, and ſo let them boyle together, alwayes ſtirring it till it be thick, it will ſhew very thin, and when it is cold it will be thick enough.

To make Oyle of Violets.

Set the Violets in Sallade oyle, and ſtrain them, then put in other freſh Violets, and let them lye twenty dayes, then ſtrain them again, and put in other freſh Violets, and let them ſtand all the year.

To preſerve Pomecitron.

Take Pomecitron and grate off the upper skin, then ſlightly cut them in pieces as you think good, lay them in water four and twenty houres, then ſet over a poſnet with fair water, and when it boyles put them in, and ſo ſhift till you find the water be not bitter, then take them up and weigh them, and to every pound of Pomecitron put a pound and quarter of Sugar, then take of your laſt water a pint and quarter, ſet your water and Sugar over the fire,

fire, then take two whites of Eggs and beat them with a little fair water, and when your ſirupe begins to boyle caſt in the ſame that riſeth from the Eggs, and ſo let it boyle, then let it run through a clean fine cloth, then put it in a clean Poſnet, and when your ſirupe begins to boyle put in your Pomecitron, and let it boyle ſoftly three or four houres, until you find your ſirupe thick enough; be ſure you keep them alwayes under ſirupe, and never turn them, take them up, and put them into your glaſſe, and when they be cold cover them.

To candy Ringus Roote.

Take your Ringus Roots and boyle them reaſonable tender, then peel them, and pith them, then lay them together, then take ſo much Sugar as they weigh, and put it into a poſnet with as much Roſewater as will melt it, then put in your Roots, and ſo let it boyle very ſoftly until the Sugar be conſumed into the Roots, then take them and turn them, and ſhake them till the Sugar be dryed up, and then lay them a drying upon a lattice of wyer

until

untill they be cold, in like ſort you may candy any other Roots, which you pleaſe.

To candy all kind of Fruitrages, as Oranges, Lemons, Citrons, Lettice ſtocks, the Sugar-candy ſuch as the Comfit-makers doe candy the Fruits.

Take one pound of refined Sugar, and put it into a poſnet with as much water as will wet it, and ſo boyle it untill it come to a candy height, then take all your fruit being preſerved and dryed, then draw them through your hot Sugar, and then lay them on your hardle, and in one quar- of an hour they will be finely candied.

To candy all kind of Floures in wayes of the Spaniſh Candy.

Take double refined Sugar, put it into a poſnet with as much Roſewater as will melt it, and put into it the papp of half a roaſted Apple, and a grain of Musk, then let it boyle till it come to a candy height, then put in your Floures being pick'd, and ſo let it boyle, then caſt them on a fine plate,

plate, and cut it in wayes with your knife, then you may ſpot it with Gold and keep it.

To make Eſſings.

Take one peck of Oatmeal grots, the greateſt you can get and the whiteſt, pick it clean from the black, and ſearce out all the ſmalleſt, then take as much evening Milk as will cover it and ſomething more, boyle it, and cool it again till it be bloud-warm, then put it to the Oatmeal and let it ſoak all night, the next morning ſtrain it from your Milk as dry as you can through a cloth, then take three pints of good Cream, boyle it with a Mace and the yolkes of eight Eggs, when it is boyled put it into your ſtuffe, then put in ſix Eggs more whites and yolkes, ſeaſon it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a leſſe quantity of Cloves and Mace, put in as much Sugar as you think will ſweeten it, have a good ſtore of Suet ſhred ſmall, and forget not Salt, ſo boyle them.

To make Sugar Cakes.

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take ſeven or eight yolkes of Eggs, and if your Flower be good, take one white or two as you ſhall think good, take two Cloves, and a pretty piece of Cinnamon, and lay it in a ſpoonfull of Roſewater all night, and heat it almoſt bloud-warm, temper it with the reſt of your ſtuffe, when the paſte is made, make it up with as much haſt as you can, bake them in a ſoft oven.

To make a Calfes-foot Pie.

Take your Calfes-feet, boyle them, and blanch them, then boyle them again till they be tender, then take out all the bones, ſeaſon it with Cloves, Mace, Ginger, and Cinnamon, as much as you ſhall think good, then put in a good quantity of Currans and Butter, bake your Pie in a ſoft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolkes of Eggs, and put to the coals, ſeaſon it with Sugar

Sugar and a little Roſewater, alwayes ſtirring it, then put it into your Pie, and let it ſtand half a quarter of an hour.

To make a very good Pie.

Take the backes of four white Herrings watred, the bones and skin taken away, then take ſo much Wardens in quantity pared and cored, half a pound of Raiſins of the Sun ſtoned, mince all theſe together, and ſeaſon it with Cinnamon and Ginger, and when the Pie is baked put in a little Roſewater, and ſcrape Sugar on it, if you put in Butter then put in a handful of grated bread.

To make Simbals.

Take fine Flower dryed, and as much Sugar as Flower, then take as much whites of Eggs as will make it a paſte, and put in a little Roſewater, then put in a quantity of Coriander ſeed, and Anniſe ſeed, then mould it up in that faſhion you will bake it in.

To

To preſerve Angelico roots.

Take the roots and waſh them, then ſlice them very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and ſet them in the embers all night, in the morning put away the water, then take to a pound of roots four pints of water, and two pound of Sugar, let it boyle, and skum it clean, then put in the roots, they will be boyled before the ſirupe, then take them up, and boyle the ſirupe after, they will ask you a whole dayes work, for they muſt boyle very ſoftly; at Saint *Andrewes* time is the beſt time to doe them in all the year.

To boyle a Capon with Brewis,

Take a Capon, and truſſe him to boyle, ſet him on the fire in a good quantity of water, skum it very clean, before you ſet on your Capon put a little winter Savory and Thyme into the belly of it, and a little Salt and groſſe Pepper, when you have skummed it clean, cover it cloſe to boyle, then

then take a good handful of Hearbs, as Marigolds, Violet leaves, or any such green Hearbs, as you shall think fit, wash them, and set them on the fire with some of the uppermost of the broth that boyles the Capon, then put into it good store of Mace, and boyle it with the Capon, when the hearbs be boyled, and the broth very green, and almost consumed away, take the uppermost of your Capon and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice-Cake.

Take one bushel of Flower, six pound of Butter, eight pound of Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolkes, two whites, take the Milk and Cream and stirre it all the time that it boyles, put your Butter into a bason, and put your hot seething Milk to it, and melt all the Butter in it, and when it is bloud-warm temper the Cake, put not your Currans in till

till you have made the paſte, you muſt have ſome Ale yeſt, and forget not Salt.

To make Broth for a Neats-tongue.

Take Claret Wine, grated Bread, Currans, ſweet Butter, Sugar, Cinnamon, Ginger, boyle them altogether, then take the Neates tongue, and ſlice it, and lay it in a diſh upon ſippets, and ſo ſerve it.

To ſouce a Carp or Gurnet.

Take fair Water, and Vinegar, ſo that it may be ſharp, then take Parſly, Thyme, Fennel, and boyle them in the broth a good while, then put in a good quantity of Salt, and then put in your Fiſh, and when it is well boyled put the broth into a veſſel, and let it ſtand.

To make a fine Pudding.

Take Crums of white Bread, and ſo much fine Flour, then take the yolkes of four Eggs, and one white, a good quantity of Sugar, take ſo much good Cream as will temper it as thick as you would

make Pancake batter, then butter your pan, and bake it, ſo ſerve it, caſting ſome Sugar upon it, you muſt ſhred ſuet very ſmall, and put into it.

To make a Broth to drinke.

Take a Chicken, and a little of the neck of Mutton, and ſet them on, and ſcum it well, then put in a large Mace, and ſo let it to boil while the Chicken be tender, then take the Chicken out, and beat it all to pieces in a ſtone morter, and put it in again, and ſo let it boil from four pints to a little more then half a pint, then ſtrain it through a ſtrainer, and ſeaſon it.

To boil a Chicken, Partridge, or Pyton.

Take your Chicken, and ſet it a boiling with a little of the neck of Mutton, and ſcum it well, then put in a Mace, and let it boil down, and when it is almoſt boiled, have ſome few hearbs perboiled as Lettice, Endive, Spinage, Marigold leaves, for note theſe hearbs are only uſed to be boiled, which by courſe will hold their colour in boyling, and put ſo

of theſe foreſaid hearbs to the Chicken and Mutton, if you thinke your broth ſtrong enough, take out your mutton, if you ſee it not put a little piece of ſweet Butter, and a little verjuyce, and a very little Sugar, and Salt, ſo ſerve it in with ſippets.

A Broth to drinke.

Take a Chicken and ſet it on, and when it boils ſcum it, then put in a Mace, and a very little Oatmeal, and ſuch hearbs as the partie requires, and boil it well down, and bruiſe the Chicken, and put it in again, and it is a prettie broth, and to alter it you may put in half a doſen Prunes, and leave out the hearbs, or put them in, ſo when it is well boyled, ſtrain it, and ſeaſon it.

A Broth to eat on Faſting dayes.

Take fair water, and ſet it a boyling, and when it boileth, put to it ſo much ſtreined Oatmeal as you thinke will thicken it, and a large Mace, a handfull of Raiſins of the Sun, as many Prunes, and as

many Currants, if your quantity require it, ſo boil it, and when it is boiled, ſeaſon it with Salt and Sugar, and a piece of ſweet Butter if the time will allow it, and for an alteration, when this broth is boiled, put in a quantity of cream, and it will doe well.

To make Ponado.

The quantity you will make ſet on in a poſnet of fair water, and when it boyles put a mace in, and a little piece of Cinnamon, and a handfull of Currants, and ſo much bread as you think meet, ſo boil it, and ſeaſon it with Salt, and Sugar and Roſewater, and ſo ſerve it.

To make a Candle.

Take Ale, the quantity that you mean to make, and ſet it on the fire, and when it is ready to boil, ſcum it very well, then caſt in a large Mace, and take the yolks of two Eggs for one meſſe or one draught and beat them well, and take away the skin of the yolks, and then put them into to the Ale, when it ſeeths, be ſure to ſtir

them well till it ſeeth again for a young-ling, then let it boil a while, and put in your Sugar, and if it be to eat, cut three or four toſts of bread thin, and toſte them dry, but not brown, and put them to the caudle, if to drinke, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water two or three houres, then ſtrain them through a linnen cloth, boil them with Roſe-water, whole Mace, and Anniſe ſeeds till the ſubſtance be thick, ſpread it upon a fair cloth draining the whey from it, after let it hang in the ſame cloth ſome few houres, then ſtrain it, and ſeaſon it with Roſe-water and Sugar.

To ſtew Beef.

Take a good Rumpe of Beef cut from the bones, ſhred Turnips and Carroots ſmall, and Spinage, and Lettice, put all in a pan, and let it ſtew four houres with ſo much water, and a quart of white Wine as will cover it when it is ſtewed enough,

then put in a wine glaſſe full of Elder vinegar, and ſerve it in with ſippets.

To Souce a young Pig.

Take a young Pig being ſcalded, boil it in fair water, and white Wine, put thereto ſome Bay leaves, ſome whole Ginger, and ſome Nutmegs quartered, a few whole Cloves, boil it throughly, and leave it in the ſame broth in an earthen pot.

To boyl Flounders or Pickrels after the French Faſhion.

Take a pint of white Wine, the tops o young Thyme, and Roſemary, a litt whole Mace, a little whole Pepper, ſeaſo ned with Verjuyce, Salt, and a piece ſweet Butter, and ſo ſerve it; this bro will ſerve to boyl fiſh twice or thrice i or four times.

To make fleſh of Apricocks.

Take Apricocks when they are gre and pare them and ſlice them, and t half their weight in Sugar, put it to the

ſo put them in a skillet, and as much water as you thinke will melt the Sugar, ſo let them boil, and keep them with ſtirring till they be tender, and ſo take them off, and ſeum them very clean, ſo put them forth of the skillet and let them ſtand, take as much Sugar as you had before, and boil it to a Candie height, and then put in your Apricocks, and ſet them over a ſoft fire, but let them not boyl, ſo keep them with oft ſtirring, till the Sirupe begin to jellie, then put them in glaſſes, and keep them for your uſe.

To make fleſh of Quinces.

Take Quinces, pare them, and core them, and cut them in halfs, boyl them in a thin Sirupe till they be tender, then take them off, and let them lye in Sirupe, then take Quinces, pare them, and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, and then ſtrain out the liquor clean from them, and take unto a pint of that liquor, a pound of Sugar, put as

much water to the Sugar as will melt it, then boyle it to a Candie height, then ſtir the Quinces that are in the Sirupe as thin as you can : when your Sugar is at a full Candy height, put in a pint of the liquor, then ſet it over a ſoft fire ſtirring it leiſurely till the Sugar be diſſolved, then put in half a pound of your ſlices, keeping it ſtill ſtirring but not to boil, you muſt take the Jellie of Quince kernels, that have lain in water two or three hours, take two good ſpoonfuls of it and put it to the fleſh, ſo keep it ſtirring leiſurely till it begin to jellie upon the ſpoon, then put it into thin glaſſes, and keep it in a ſtove.

To dry Cherries.

Take the faireſt Cherries, ſtone them, take to ſix pound of Cherries a pound of Sugar, put them into a skillet, ſtraining the Sugar amongſt them as you put them in, then put as much water to them as will boil them, then ſet them upon a quick fire, let them boil up, then take them off, and ſtrain them very clean, put them into

to an earthen pan or pot, ſo let them ſtand in the liquor four dayes, then take them up and lay them ſeverally one by one upon ſilver diſhes, or earthen diſhes, ſet them into an oven after the bread being taken out, and ſo ſhift them every day upon dry diſhes, and ſo till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, ſtone them; take to four pound of Peaches a pound of Sugar, then take a gally pot and lay a laier of Peaches, and a laier of Sugar, till all be laid out, then put in half a pint of water, ſo cover them cloſe, and ſet them in embers to keep warm, ſo let them ſtand a night and a day, then put them in a skillet, and ſet them on the fire to be ſcalding hot, then put them into your pot again, and let them ſtand four and twentie houres, then ſcald them again, then take them out of your Sirupe, and lay them one ſilver diſhes to dry, you may dry them in an Oven, when the bread is taken out, but to dry them in the Sun is better, you muſt turn them

them every day into clear Diſhes.

To boil Veal.

Take Veal, and cut in thin ſlices, and put it into a Pipkin with as much water as will cover it, then waſh a handfull of Currants, and as much Prunes, then take a Court roul, and cut it in long ſlices like a Butchers skiver, then put in a little Mace, Pepper, and Salt, a piece of Butter, a little vinegar, ſome crumbs of Bread, and when it hath ſtewed two houres, take it up and ſerve it.

To boil a Capon in white Broth.

Truſſe a Capon to boyle, and put it into a Pipkin of water, and let it boil two hours, and when it is boiled, take up a little of the Broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then put it by the the fire to keep warm, ſeaſon it with grated Nutmeg, Sugar and Salt, then take up your Capon, and pour this broth on it with a little Sack, if you have it, garniſh it with ſippets, and ſerve it, remember to

boil

boil whole Mace with your Capon, and Marrow, if you have it.

To boil a Capon or Chicken in white Broath with Almonds.

Boil your Capon as in the other, then take Almonds, and blanch them, and beat them very ſmall, putting in ſometimes ſome of your broath to keep them from oyling, when they are beaten ſmall enough, put as much of the uppermoſt broath to them as will ſerve to cover the Capon, then ſtrain it, and wring out the ſubſtance clear, then ſeaſon it as before, and ſerve it with marrow on it.

To boil Brawn.

Take your Brawn four and twentie houres, and waſh and ſcrape it four or five times, then take it out of the water, and lay it on a fair table, then throw a handfull of Salt on every coller, then bind them up as faſt as you can, with Hemp, Baſs, or Incle, then put them into your kettle when the water boyleth, and when it boileth, ſcum it clean, let it boil

boil untill it be ſo tender that you may thruſt a ſtraw through it, then let it cool untill the next morning, by the ſouced meats you may know how to ſouce it.

To boil a gammon of Bacon.

Water your Gammon of Bacon twenty four houres, then put it into a deep kettle with ſome ſweet bay, and let it boil ſoftly ſix or ſeven houres, then take it up with a ſcummer and a plate, and take off the skin whole, then ſtick your Gammon full of Cloves, ſtrew on ſome groſs Pepper, then cut your skin like Sippets, and garniſh your Gammon, and when you ſerve it, ſtick it with bayes.

To boil a Rabbet.

Flev and waſh a Rabbet, and ſlit the hinder leggs on both ſides of the back-bone, from the forward, and truſs them to the body, ſet the head right up with a ſciver right down in the neck, then put it to boyling with as much water as will cover it, when it boyls, ſcum it, ſeaſon it with Mace, Ginger, Salt, and Butter, then take a handful

handful of Parſley, and a little Thyme, boil it by it ſelf, then take it up, beat it with a back of a knife, then take up your Rabbet, and put it into a diſh, then put your Hearbs to your Broth, and ſcrape in a Carret root, let your broth boil a little while, put in ſalt, pour it on your Rabbet, and ſerve it.

To boil a Mallard with a Cabbage.

Half roſt your fowl, then take it off, and caſe it down, then put it into a Pipkin with the gravie, then pick and waſh ſome Cabbage, and put to your Mallard with as much fair water as will cover it, then put in a good peece of Butter, and let it boyl an hour, ſeaſon it with Pepper and Salt, and ſerve it upon ſops.

To boil a Duck with Turnips.

Half roſt her, then cover it with liquor, boil your Turnips by themſelves half an houre, then cut them in Cakes and put them to your Duck, with Butter and Parſley chopt ſmall, and when it hath boiled half

half an houre, ſeaſon it with Pepper and Salt, and ſerve them upon ſops.

To boil Chickens, and Sorrel Sops.

Truſſe your Chickens, and boil them in water and ſalt very tender, then take a good handful of Sorrel, and beat it ſtalks and all, then ſtrain it, and take a Manchet, and cut it in Sippets, and dry them before the fire, then put your green broth upon the coals, ſeaſon it with Sugar, and grated Nutmeg, and let it ſtand untill it be hot, then put your ſippets into a diſh, put your Chickens upon them, and pour your ſauce upon it, and ſerve it.

To boil a Pike in White Broth.

Cut your Pike in three pieces, and boil it with water and Salt, and ſweet Hearbs, let it boil untill it ſtain, then take the yolks of half a dozen eggs, and beat them with a little Sack, Sugar, melted Butter, and ſome of the Pikes broath, then put it on the fire to keep warm, but ſtir it often, leaſt it curdle, then take up your Pike, and put the head and tail together, then cleave

cleave the other peices in two, take out the back bone, and put the one piece on the one ſide, and the other piece on the other ſide, but blanch all, then pour on your white broth, garniſh your diſh, with ſippits, and boyled Parſlie, and ſtrew on pouder of Ginger, and wipe the edge of the diſh round, and ſerve it.

To boyle divers kinds of Fiſhes.

Bat, Conger, Thornback, Plaice, Salmon, Trout, or Mullet, boyle any of theſe with Water, Salt, and ſweet Hearbs, when they boyle skum it very clean, then put in Vinegar, and let it boyle till you think it is enough, your liquour muſt be very hot of the Salt, then take it off, you may let it ſtand five or ſix dayes in the liquour, then if you will keep it longer, pour that liquour away and put Water and Salt to it, or ſoucing drink, you muſt remember to let your Mullets boyle ſoftly, and your Thornback and other Fiſh very faſt, you muſt blanch your Thornback while it is warm, and when you ſerve any of theſe Fiſhes, ſtrew on ſome green Hearbs.

To make Sallet of all manner af Hearbs.

Take your Hearbs, and pick them clean, and the Flowers, waſh them clean, and ſwing them in a ſtrainer, then put them into a diſh, and mingle them with Cowcumbers, and Lemons, ſliced very thin, then ſcrape on Sugar, and put in Vinegar and Oyle, then ſpread the floures on the top, garniſh your diſh with hard Eggs, and all ſorts of your Floures, ſcrape on Sugar, and ſerve it.

To ſtew Steakes between two diſhes.

You muſt put Parſly, Currans, Butter, Verjuyce, and two or three yolkes of Eggs, Pepper, Cloves, and Mace, and ſo let them boyle together, and ſerve them upon ſops, likewiſe you may doe ſteakes of Mutton or Beef.

To ſtew Calves feet.

Boil them, and blanch them, cut them in two, and put them into a Pipkin with ſtrong broth, then put in a little pouder of

of Saffron, and sweet Butter, Pepper, Sugar, and some sweet Herbs finely minced, let them stew an hour, put in salt and serve them.

To stew a Mallard.

Rost your Mallard half enough, then take it up, and cut it in little pieces, then put it into a dish with the gravie, and a peice of fresh Butter, and a handfull of Parsley chopt small, with two or three Onions, and a Cabbage-lettice, let them stew one hour, then season it with Pepper and Salt; and a a little Verjuyce, then serve it.

To stew Trouts.

Draw your Trouts and wash them, and then put them into a dish with white Wine and water, and a piece of fresh Butter, then take a handful of Parsley, a little Thyme and a little Savorie, mince these small, and put to your Trouts with a little Sugar, let them stew half an hour, then mingle the yolks of two or three hard Eggs, and strew them on your Trouts with

Pepper and Salt, then let them ſtew a quarter of an houre, and ſerve them.

To ſtew Smelts or Flounders.

Put your Smelts or Flounders, into a deep diſh with white Wine and Water, a little Roſemary and Thyme, a piece of freſh Butter and ſome large Mace, and ſalt, let them ſtew half an houre, then take a handful of Parſley, and boyl it, then beat it with the back of a knife, then take the yolks of three or four Eggs, and beat them with ſome of your fiſh broth, then diſh up your fiſh upon ſippets, pour on your ſauce, ſcrape on Sugar, and ſerve it.

To ſtew a Rabbet.

Half roſt it, then take it off the ſpit, and cut it in little pieces, and put it into a diſh with the gravie, and as much liquor as will cover it, then put in a piece of freſh Butter, and ſome pouder of Ginger, ſome Pepper and Salt, two or three Pippins minced ſmall, let theſe ſtew an houre, then diſh them upon ſippets.

To

To stew a Pullet or Capon.

Half rost it, then cut it into pieces, and put it into a dish with the gravie, and put in a little Cloves and Mace, with a few Barberies or Grapes, put these to your Pullet with a pint of Clarea, and a piece of Butter, let these stew an hour, dish them upon sippets, and serve it.

To stew cold Chickens.

Cut them up in pieces, put them into a Pipkin of strong broath, and a piece of butter, then grate some bread, and a Nutmeg, thicken your broth with it, season your meat with gross Pepper and Salt, dish it upon sippets, and serve it.

To make Paste for a pasty of Venison.

Take almost a peck of flower, wet it with two pound of butter, and as much suet, then wet your Pastie, put in the yolks of eight or ten Eggs, make it reasonable lithe paste, then roul it out, and lay on suet; First lay a paper under your paste,

then lay on your Veniſon, cloſe it, pinke it, baſte it with butter, and bake it, when you draw it out, baſte it with butter.

To make Paſte for a Pie to keep long.

Your flower muſt be of Rye, and your liquor nothing but boiling water, make your paſte as ſtiffe as you can, raiſe your Coffin very high, let your bottome and ſides be very thick, and your lid alſo.

To make Paſte for a Cuſtard.

Your Liquor muſt be boyling water, make your paſte very ſtiffe, then roul out your paſte, and if you would make a great Tart, then raiſe it, and when you have done, cut out the bottome a little from the ſide, then roul out a thin ſheet of paſte, lay a paper under it, ſtrew flower that it may not ſtick to it, then ſet your coffin on it of what faſhion you will, then dry it, and fill it, and bake it.

To make Paſte for buttered Loaves.

Take a pottle of Flower, put thereto Ginger,

Ginger and Nutmegs, then wet it with Milk, yolkes of Eggs, Yeſt, and Salt, then make it up into little loaves, then butter a Paper, and put the loaves on it, then bake them, when they are baked, draw them forth, and cut them in Cakes, butter them, then ſet them as they were, ſcrape on Sugar, and ſerve them.

To make Paſte for Dumplins.

Seaſon your flower with Pepper, Salt, and Yeſt, let your water be more then warm, then make them up like Manchets, but let them be ſomewhat little, then put them into your water when it boyleth, and let them boil an hour, then butter them.

To make Puffe-paſte.

Take a quart of flower, and a pound and a half of butter, and work the half pound of butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paſte, then work it in a piece of a foot long, then ſtrew a little flower on the table, and take it by the end, beat it untill it ſtretch long,

then put the two ends together, and beat it again, and so doe five or six times, then work it up round, and roul it up broad, then beat your pound of butter with a rouling pin, that it may be lithe, then take little bits of your butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rowling pin, and roul it out again, and so doe five or six times, then use it as you will.

To bake a gammon of Bacon.

You must first boil it two hours, before you stuffe it, stuffe it with sweet hearbs, and hard Eggs chopt together with Parsley.

To bake fillets of Beef, or clods, instead of red Deer.

First take your Beef, and lard it very thick, then season it with Pepper and Salt, Ginger, Cloves, and Mace good store, with a great deal more Pepper and Salt then you would doe to a piece of Venison, then close it, and when it is baked

ked put in some Vinegar, Sugar, Cinnamon and Ginger, and shake it well, then stop the vent-hole, and let it stand three weeks before you spend it.

To bake Calves Feet.

Season them with Pepper, Salt and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuyce or Vinegar, Sugar, and grated Nutmeg, put it into your pie, scrape on Sugar, and serve it.

To bake a Turkie.

Take out her bones and guts, then wash him, then prick his back together again, then perboil him, season him with pepper and salt, stick some Cloves in the breast of him, then lard him, and put him into your Coffin with Butter, in this sort you may bake a Goose, Feasant, or Capon.

To bake a Hare.

Take out his bones, and beat the flesh in a morter with the Liver, then season it

with all sorts of spices, then work it up with three or four yolks of Eggs, then lay some of it all over the bottome of your pie, then lay on some Lard, and so doe untill you have laid on all, then bake it well with good store of sweet butter.

To bake Quinces or Wardens so, as the fruit looke red, and the crust white.

Your Wardens must be stewed in a Pipkin with Claret Wine, Sugar, Cinnamon, and Cloves, then cover your Pipkin with a sheet of paste, and let it stand in the oven five or six houres, then raise a Coffin of short paste, put in your Wardens with Sugar, and put it into the Oven, when it hath stood an houre, take it out and wash it with Rose-water and Butter, then scrape on Sugar, and put it in a quarter of an hour more, and it will be red upon the top, then scrape on Sugar and serve it.

To bake Chucks of Veal.

Perboil two pound of the lean flesh of a leg of Veal, so it may be eaten, mince it as small as grated bread, with four pound of

of Beef Suet, then ſeaſon it with Biskay Dates, and Carrawayes, Roſewater, Sugar, Raiſins of the Sun and Currants, Cloves, Mace, Nutmeg, and Cinnamon, then mingle them all together, fill your pies, and bake them.

To Bake a Chicken Pie.

Seaſon your chicken with Nutmeg, Salt, and Pepper, and Sugar, then put him into your coffin, then take ſome Marrow and ſeaſon with the ſame ſpice, then coul it in yolks of Eggs, and lay it on your Chicken with minced Dates, and good ſtore of butter, then bake it, and put in a little Sack, or Muſcadine, or white Wine and Sugar, then ſhake it, ſcrape on Sugar, and ſerve it.

To bake a Steak Pie.

Cut a neck of Mutton in ſteaks, beat them with a cleaver, ſeaſon them with pepper and ſalt, and Nutmeg, then lay them on your Coffin, with butter and large Mace, then bake it, then take a good quantity of Parſley, and boil it, beat it as

ſoft

soft as the pulp of an Apple, put in a quarter of a pint of Vinegar, and as much white Wine with a little Sugar, warm it well, and pour it over your steaks, then shake it, that the gravie and the liquor may mingle together, scrape on Sugar and serve it.

To make an Italian Pudding.

Take a Manchet, and cut it in square peeces like a Dice, then put to it half a pound of Beef suet minced finely, Raisins of the Sun the stones picked out, Cloves, Mace, minced, Dates, Sugar, Marrow, Rose-water, Eggs, and Cream, mingle all those together, and put it into a dish fit for your stuffe, in lesse then an hour it will be baked, then scrape on Sugar, and serve it.

To bake a Florentine.

Take the kidney of a loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of these small with the Kidney of a loin of Mutton, if it be not fat enough, then season it with Cloves, Mace, Nutmegs, and Sugar, Cream, Currans,

rans, Eggs, and Rosewater, mingle these four together, and put them into a dish between two sheets of paste, then close it and cut the paste round by the brim of the dish, then cut round about like Virginal keyes, then turn up one, and let the other lie, then pinke it, cake it, scrape on Sugar, and serve it.

To roast a Breast of Veal.

Take Parsley and Thyme, wash them, and chop them small, then take the yolks of five or six Eggs, grated bread and cream, mingle them together with Cloves, Mace, Nutmeg, Currants, and Sugar, then raise up the skin of the breast of Veal, and put in your stuffe, pack it up close with a skiver, then roast it, and baste it with butter, when it is roasted, wring on the juyce of Lemon, and serve it.

To roast a Hare.

Case your Hare, but cut not off her eares, nor her legges, then wash her, and dry her with a cloth, then make a pudding and put into her belly, then sow it up

up close, then trusse her as if she were running, then spit her, then take some Claret Wine, and grated bread, Sugar, and Ginger, Barberries, and Butter, boyle these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire that the fat may drop away, and when you think it is half roasted, set a dish under it, and slash it with a knife across as you doe Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste it no more after you have cut it, put unto the gravy half a pint of white Wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, and a handful of Sugar, and stew all these together, and pour it on your meat.

To roast a Neats-tongue.

Boyle him, and blanch him, cut out the meat at the but end, and mingle it with Beef-suet as much as an Egge, then season it with Nutmeg, and Sugar, Dates, Currans, and yolkes of raw Eggs, then put your

your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roast it, baste it with Butter, save the gravy, and put thereto a little Sack or Muskadine, let it stew a little while, then pour it on your Tongue, and serve it.

To roast a Pig with a Pudding in his belly.

Fley a fat Pig, truſſe his head looking over his back, then temper as much ſtuffe as you think will fill his belly, then put it into your Pig, and prick it up cloſe, when it is almoſt roaſted wring on the juyce of a Lemon, when you are ready to take it up, take four or five yolkes of Eggs, and waſh your Pig all over, mingle your bread with a little Nutmeg and Ginger, then dry it, and take it up as faſt as you can, let your ſauce be Vineger, Butter, and Sugar, the yolk of a hard Egge minced, and ſerve it hot.

To roaſt a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thruſt in ſlices of Kidney ſuet, and ſtick it with Cloves, roaſt it with a quick

quick fire, when it is half roasted cut off a piece underneath and remains thin slices, then take a pint of great Oysters with the liquor, three or four blades of Mace, a little Vinegar and Sugar, stew these till the liquour be half consumed, then dish up your Mutton, pour on the sauce, and serve it.

To roast a Neck of Mutton.

Cut away the flag, and roast it with a quick fire, but scorch it not, baste it with Butter, a quarter of an hour before serving on the juyce of half a Lemon, save the gravy, then baste it with Butter again, wring on the other half of the Lemon, when it is roasted dry it with Manchet and grated Nutmeg, then dish it, and pour on your sauce.

To roast a Shoulder or Haunch of Venison, or a Chine of Mutton.

Take any of the meats and lard them, prick them with Rosemary, baste them with butter, then take half a pint of Claret Wine, Cinnamon, Ginger, Sugar, and grated

grated Bread, Rosemary, and Butter, let all boyle together until it be as thick as Watergruel, then put in a little Rosewater and Musk, it will make your Galantine taste very pleasantly, put it on a fitting dish, draw off your meat, and lay it into a dish, strew it with Salt.

To roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and Thyme, mince these small with hard Eggs, season it with Nutmeg, Pepper, Currans, work these together with raw yolkes of Eggs, then stuffe your meat with this, roast it with a quick fire, baste it with Butter, when it is roasted, take the gravy and put thereto Vinegar, Sugar, and Butter, let it boyle, when your meat is roasted pour this sauce on it, and serve it.

To roast a Giggit of Mutton.

Take your Giggit, with Cloves and Rosemary, and lard it, roast it, baste it with Butter, and save the gravy, put thereto some Claret Wine, with a handfull of Capers, season it with Ginger and Sugar, when

[illegible] Gig-
[illegible]

[illegible] then
[illegible] and
fry it with sweet [illegible], and serve it with
Vinegar.

[illegible]

[illegible] well
[illegible] pour
[illegible] upon them.

To fry Calfes-feet.

[illegible] then cut
[illegible] of
[illegible]
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them.

them, and fry them with ſweet Butter, then boyle ſome Parſly and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then diſh up your Feet upon ſippits, pour on your ſauce, ſcrape on ſome Sugar, and ſerve it hot.

To fry Tongues.

Boyle them, and blanch them, cut them in thin ſlices, ſeaſon them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolkes of raw Eggs, the core of a Lemon cut in ſquare pieces like a Die, then fry them in ſpoonfuls with ſweet Butter, let your ſauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, ſcrape on Sugar, and ſerve it.

To make Fritters.

Make your Batter with Ale, and Eggs, and Yeſt, ſeaſon it with Milk, Cloves, Mace, Cinnamon, Nutmeg, and Salt, cut your Apples like Beanes, then put your Apples and Butter together, fry them in

boyling Lard, ſtrew on Sugar, and ſerve them.

To ſouce Brawn.

Take up your Brawn while it be hot out of your boyler, then cover it with Salt, when it hath ſtood an hour, turn the end that was under upward, then ſtrew on Salt upon that, then boyle your ſoucing drink, and put thereto a good deal of Salt, when it is cold, put in your Brawn with the Salt that is about it, and let it ſtand ten dayes, then change your ſoucing drink, and as you change your ſoucing drink put in Salt, when you ſpend it, if it be too ſalt, change it in freſh drink.

To ſouce a Pig.

Cut of the head, and cut your Pig into two fleikes, and take out the bones, then take a handful of ſweet Hearbs and mince them ſmall, then ſeaſon your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then ſtrew your Hearbs in the inſide of your Pig, then roul them up like two Collers of Brawn, then bind them

in a cloth faſt, then put them a boyling in the boyling pot, put in ſome Vinegar and Salt, when they are boyled very tender, take them off, let them ſtand in the ſame liquour two or three dayes, then put them into ſoucing drink, and ſerve it with Muſtard and Sugar.

To ſouce Eeles.

Take two fair Eeles and fley them, cut them down the back, and take out the bones, and take good ſtore of Parſly, Thyme, and ſweet Majoram, mince them ſmall, ſeaſon them with Nutmeg, Ginger, Pepper, and Salt, ſtrew your Hearbs in the inſide of your Eeles, then roul them up like a Coller of Brawn, put them into a cloth, and boyle them tender with Salt and Vinegar, when they are boyled, then take them up, let it be in the pickle two or three dayes, and then ſpend them.

To ſouce a Breaſt of Veal.

Take out the bones of a Breaſt of Veal, and lay it in water ten or twelve houres, then take all manner of ſweet Hearbs and

mince them ſmall, then take a Lemon and cut it in thin ſlices, then lay it with your Hearbs in the inſide of your Breaſt of Veal, then roul it up like a Coller, and bind it in a cloth, and boyle it very tender, then put it into ſoucing drink, and ſpend it.

To ſouce a Tench or Barbell.

Firſt cut them down the back, then waſh them, then put them a boyling with no more water then will cover them, when they boyle, put in ſome Salt and Vinegar, ſcum it very clean, when it is boyled enough, take it up and put it into a diſh fit for the Fiſh, then take out the bones, pour on as much liquour as will cover it, with grated Nutmeg, and pouder of Cinnamon, when it is cold ſerve it

To ſouce a Fillet of Veal.

Take a fair Fillet of Veal and lard it very thick, but take out the bones, ſeaſon it with Nutmeg, Ginger, Pepper, and Salt, then roul it up hard, let your liquor be the one half white Wine, the other half Wate

Water, when your liquour boyleth put in your meat, with Salt, and Vinegar, and the peel of a Lemon, then ſcum it very clean, let it boyle untill it be tender, then take it not up untill it be cold, and ſouce it in the ſame liquour.

To marble Beef, Mutton, or Veniſon.

Stick any of theſe with Roſemary and Cloves, then roaſt it, being firſt joynted very well, then baſte it often with Water and Salt, and when it is throughly roaſted take it up and let it cool, then take Claret Wine, and Vinegar, and as much Water, boyle it with Roſemary, Bayes, good ſtore of Pepper, Cloves, Salt, when it hath boyled an hour take it off and let it cool, then put your meat into a Veſſell, and cover it with this liquour and Heaubs, then ſtop it up cloſe, the cloſer you ſtop it the longer it will keep.

To marble Fiſh.

Take Flounders, Trouts, Smelts, or Salmons, Mullets, Makrels, or any kind of ſhell Fiſh, waſh them, and dry them with a

cloth, then fry them with Sallade oyle or clarified Butter, fry them very criſpe, then make your pickle with Claret Wine, and fair Water, ſome Roſemary, and Thyme, with Nutmegs cut in ſlices, and Pepper, and Salt, when it hath boyled half an hour take it off, and let it cool, then put your Fiſh into a veſſell, cover it with liquour and Spice, and ſtop it cloſe.

To make a Tart of Wardens.

You muſt firſt bake your Wardens in a pot, then cut them in quarters and core them, then put them into your Tart, with Sugar, Cinnamon, and Ginger, then cloſe up your Tart, and when it is almoſt baked doe it as your Warden Pie, ſcrape on Sugar, and ſerve it.

To make a Tart of green Peaſe.

Take green Peaſe ad ſeeth them tender, then pour them out into a Cullender, ſeaſon them with Saffron, Salt, and ſweet Butter, and Sugar, then cloſe it, then bake it almoſt an hour, then draw it forth and ice it, put in a little Verjuyce and ſhake

ſhake it well, then ſcrape on Sugar, and ſerve it.

To make a Tart of Rice.

Boyle your Rice, and pour it into a Cullender, then ſeaſon it with Cinnamon, Nutmeg, Ginger, and Pepper, and Sugar, the yolkes of three or four Eggs, then put it into your Tart with the juyce of an Orange, then cloſe it, bake it, and ice it, ſcrape on Sugar, and ſerve it.

To make a Tart of Medlers.

Take Medlers that are rotten, then ſcrape them, then ſet them upon a Chafingdiſh of coales, ſeaſon them with the yolkes of Eggs, Sugar, Cinnamon, and Ginger, let it boyle well, and lay it on paſte, ſcrape on Sugar, and ſerve it.

To make a Tart of Cherries.

Take out the ſtones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then cloſe your Tart, bake it, and ice it, then make a ſirupe of

Muskadine and Damask-water, and pour this into your Tart, ſcrape on Sugar, and ſerve it.

To make a Tart of Strawberries.

Waſh your Strawberries, and put them into your Tart, ſeaſon them with Sugar, Cinnamon, Ginger, and a little red Wine, then cloſe it, and bake it half an hour, ice it, ſcrape on Sugar, and ſerve it.

To make a Tart of Hips.

Take Hips, and cut them, and take out the ſeeds very clean, then waſh them, ſeaſon them with Sugar, Cinnamon, and Ginger, then cloſe your Tart, bake it, ice it, ſcrape on Sugar, and ſerve it.

To make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then ſtew them with Claret Wine, Cinnamon, and Ginger, let them ſtew half an hour, then pour them out into a Colender, but break them not, when they are cold lay them

them one by one into the Tart, then lay on Sugar, bake it, ice it, ſcrape on Sugar, and ſerve it.

To ſcald Milk after the Weſtern faſhion.

When you bring your Milk from the Cow ſtrain it into an earthen pan, and let it ſtand two houres, then ſet it over the fire untill it begin to heave in the middle, then take it off, but jog it as little as you can, then put it in a room where it may cool, and no duſt fall into it, this Milk or Cream you may keep two or three dayes.

To make a Junket.

Take Ewes or Goats Milk, if you have neither of theſe then take Cowes Milk, and put it over the fire to warm, then put in a little Runnet to it, then pour it out into a diſh and let it cool, then ſtrew on Cinnamon and Sugar, then take ſome of your aforeſaid Cream and lay on it, ſcrape on Sugar, and ſerve it.

To make Bonny Clutter.

Take Milk, and put it into a clean earthen pot, and put thereto Runnet, let it ſtand two dayes, it will be all in a curd, then ſeaſon it with ſome Sugar, Cinnamon, and Cream, then ſerve it, this is beſt in the hotteſt of the ſummer.

To make a Whitepot.

Take a quart of Cream and put it over the fire to boyle, ſeaſon it with Sugar, Nutmeg, and Cinnamon, Sack, and Roſewater, the yolkes of ſeven or eight Eggs, beat your Eggs with Sack and Roſewater, then put it into your Cream, ſtirre it that it curdle not, then pare two or three Pippins, core and quarter them, and boyle them with a handful of Raiſins of the Sun, boyle them tender, and pour them into a Cullender, then cut ſome ſippits very thin, and lay ſome of them in the bottome of the diſh, and lay on half your Apples and Currans, then pour in half your Milk, then lay on more ſippits, and the reſt of your Apples and Raiſins, then pour on the reſt of

of your Milk, bake it, ſcrape on Sugar, and ſerve it.

To make a Pudding in haſte.

Take a pint of Milk, and put thereto a handful of Raiſins of the Sun, and as much Currans, and a piece of butter, then grate a Manchet, and a Nutmeg alſo, and put thereto a little flower when your Milk boyleth, put in your bread, let it boil a quarter of an hour, and put in a piece of butter in the boyling of it, and ſtir it alwayes, then diſh it up, pour on butter, and ſerve it.

To make a Pudding in a Diſh.

Take a quart of Cream, put thereto a pound of Beef Suet minced ſmall, put it to your Milk, ſeaſon it with Nutmeg, Sugar and Roſewater, and Cinnamon, then take ſome ſeven or eight Eggs, and beat them very well, then take a caſt of Manchets and grate them, and put unto it, then mingle theſe together well, then put it into a diſh, and bake it, when it is baked, ſcrape on Sugar, and ſerve it.

To

To Boil Cream.

Take a quart of Cream, and ſet it a boiling with Mace, whileſt your Cream is boyling, cut ſome thin ſippets, then take ſeven or eight yolks of Eggs, beat them with Roſewater, and Sugar, and a little of your cream, when your cream boileth, take it off the fire, and put in your Eggs, and ſtir it very faſt that it curdle not, then put your ſippets into the diſh, pour in your cream and let it cool, when it is cold, ſcrape on Sugar, and ſerve it.

To draw Butter.

Take your Butter and cut it into thin ſlices, put it into a diſh, then put it upon the coals where it may melt leiſurely, ſtir it often, and when it is melted put in two or three ſpoonfuls of water, or Vinegar, which you will, then ſtir and beat it untill it be thick.

Lady of Arundels *Manchet.*

Take a buſhel of fine Wheat-flower, twenty eggs, three pound of Freſh butter, then

then take as much Salt and Barme, as to the ordinary Manchet, temper it together with new Milk prettie hot, then let it lie the ſpace of half an hour to riſe, ſo you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pigeons.

Boil them in water and ſalt, take a handful of Parſley, and as much Thyme ſtript, two ſpoonfuls of Capers minced altogether, and boil it in a pint of the ſame liquor a quarter of an hour, then put in two or three ſpoonfuls of Verjuyce, two Eggs beaten, let it boil a little, and put to a little Butter, when you have taken it off the fire, ſtir this altogether, and pour it upon the Pigeons, with ſippets round the diſh.

A Florendine of ſweet-breads or Kidnies.

Parboil three or four Kidnies, and mince them ſmall, ſeaſon them with Nutmeg, one ſtick of Cinnamon, beat as much Sugar as will ſweeten it, and a pennie loaf grated, and the Marrow of three bones in

good

good pieces, and a quarter of a pound of Almond paſte, a glaſs of Mallego Sack, two ſpoonfuls of Roſe-water, a grain of Muſk, and one grain of Ambergriece, and a quarter of a pint of Cream, three or four eggs, and mixe it altogether, and make it up in puffe paſte, and bake it three quarters of an hour.

A Pork Pie.

Boil your leg of Pork, ſeaſon it with Nutmeg, and Pepper, and Salt, bake it five houres in a high round Pie.

A Chicken Pie.

Scald and ſeaſon your Chickens with Nutmegs, as much Sugar as Cinnamon, Pepper and Salt, then put them into your Pie, then put three quarters of quartered Lettice, and ſix Dates quartered, and a handful of Goosberries, and half a ſliced Lemon, and three or four branches of Barberies, and a little Butter, you may uſe to four Chickens three Marrow bones, rould in yolks of Eggs, and Ringo roots, and ſome preſerved Lettice; make a Candle,

dle, and put in when the Pie comes out of the oven, an hour and a half is enough to ſtand in the oven.

A Lamb Pie.

Take the ſame Ingredients you did for the Chicken pie, onely leave out the Marrow, the Ringo roots, and the preſerved Lettice, make your caudle of white-Wine, Verjuyce and Butter, put it in when your pie comes out of the oven.

Sauce for a ſhoulder of Mutton.

Take a ſpoonful of Hearbs, and as many Capers, half a pint of white Wine, half a Nutmeg, and two Eggs, when it is boiled put a piece of butter to the gravie, when 'tis boiled, take it off, and put the butter in.

A Lumber Pie.

Take three or four ſweet-breads of Veal, perboil and mince them very ſmall, then take the curd of a quart of Milk, turned with three Eggs and half a pound of Almond paſte, and a penny loaf grated, mingle theſe together, then take a ſpoonful

ſpoonful of ſweet hearbs minced very ſmall, alſo ſix ounces of Oringado and mince it, then ſeaſon all this with a quarter of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three ſpoonfuls of Roſe-water, three or four Marrow bones, mingle all this together, except the Marrow, then make it up in long boles about the bigneſſe of an Egg, and in every bole put a good piece of Marrow, put theſe into the pie, then put in a quarter of a pound of butter, and half a ſliced Lemon, then make a caudle of white wine, Sugar and Verjuyce, put it in when you take your pie out of the Oven, you may uſe a grain of Musk and Ambergriece.

An Oyſter Pie.

Seaſon your Oyſters with Nutmeg, Pepper and Salt. and ſweet hearbs, your Oyſters being firſt thrown into ſcalding water and parboiled, ſeaſon them and put them into the Pie, put two or three blades of Mace, and half a ſliced Lemon, and the marrow of two bones rouled in the yolks of Eggs and ſome butter, then let your

your Pie ſtand almoſt an hour in the oven, then make a caudle of verjuyce, butter, and ſugar, put it in your pie when you take it out of the oven; you may uſe two Nutmegs to one quart of Oyſters, and as much Pepper as the quantity of three Nutmegs, but leſſe ſalt, and one ſpoonful of ſweet Hearbs.

A Hartechoak Pie.

Take the bottomes of boyled Hartechoaks and quarter them, and take the meat from the Leaves, ſeaſon it with half an ounce of Cinnamon, and half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your pie, and boild marrow rold in yolks of Eggs, and ſix blades of large Mace, Lemon ſliced, ſix quartered Dates, and a quarter of a pound of Ringo roots, half a pound of freſh butter; then let it ſtand in the Oven one houre; and when you take it out put a caudle into your pie, made of white Wine, Sugar, and Verjuyce.

A Calves foot Pie.

Mince your Calves feet very ſmall then ſeaſon them with two Nutmegs, and three quarters of an ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currants, two Lemon peels minced, and ten Dates minced, three ſpoonfuls of Roſe-water, and half a pound of freſh butter, bake it an hour, and put a caudle into it, made of white wine, Sugar and Verjuyce.

A Skerret Pie.

Take a quarter of a peck of Skerrets blanched, and ſliced, ſeaſon them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the Marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo roots, and preſerved Lettice, a ſliced Lemon, four blades of Mace, three or four branches of preſerved Barberies, and half a pound of Butter, then let it ſtand one hour in the oven, then put a caudle made of white-Wine, Verjuyce, Butter, and Sugar, put it into

into the pye when it comes out of the oven.

A Calves head pie for Supper.

Boil your Calves head almoſt enough, cut it in thin ſlices all from the bone, ſeaſon it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is ſeaſoning, then take a ſpoonful of ſweet hearbs minced ſmall, and two ſpoonfuls of Sugar, and two or three Hartechoak bottoms boyled, and cut them in thin ſlices, and the Marrow of two bones, rouled in yolks of Eggs, a quarter of a pound of Ringo roots, and a quarter of a pound of Currants, then put it into your pie, and put a quarter of a pound of butter, and a ſliced Lemon, three or four blades of Mace, three or four quartered Dates, let it ſtand an hour or more in the oven, then when you take it out, put into it a caudle made of Sugar, white Wine, Verjuyce, and Butter.

A Lark Pie.

Take 3 doſen of Larks, ſeaſon them with

four Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lumber pie meat, and fill their bellies if you will, if not, take half a pound of ſuet, and one pound of Mutton minced, half a pound of Raiſins of the Sun, and ſix Apples minced altogether very ſmall, then ſeaſon it with a Nutmeg, Pepper and Salt, and one ſpoonful of ſweet herbs, and a Lemon peel minced, one penny loaf grated, a quarter of a pint of cream two or three ſpoonfuls of Roſewater, three ſpoonfuls of Sugar, one or two ſpoonfuls of verjuyce, then make this in boles, and put it into their bellies, and put your Larks in your Pie, then put your Marrow roſd in yolks of Eggs upon the Larks, and large Mace and ſliced Lemon, and freſh butter, let it ſtand in the oven an hour, when you take it out, make your candle of butter, Sugar, and white Wine vinegar, put it into the pie.

A hot Neats tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, ſeaſon it with a Nutmeg, and a quarter of an ounce of Pepper, and as much Salt as ſeaſoning, then take

take six ounces of Currants, season altogether, and put it into the pie, then put a Lemon sliced, and Dates, and butter, then bake it, and let it stand one hour and a half, then make a caudle of white wine, and verjuyce, sugar, and eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pie.

Your tongue being boyled, blanched, and larded with Pork or Bacon, season it with the same Ingredients the Deer hath, that is three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together, and half an ounce of Pepper, beat your spices altogether, more salt then seasoning, and likewise lay in the liquor, bake it two houres, but put one pound of butter in your Pye before you lid it.

A Potato Pie for Supper.

Take three pound of boyled and blanched Potatoes, and 3 Nutmegs, and half an ounce of Cinnamon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your Pie, then

take the marrow of three bones, rouled in yolks of Eggs, and sliced Lemon, and large Mace, and half a pound of butter, six Dates quartered, put this into your pie, and let it stand an hour in the oven; then make a sharp caudle of butter, Sugar, Verjuyce, and white Wine, put it in when you take your Pie out of the oven.

Pigeon or Rabbet Pie.

Take one ounce of Pepper, and more Salt, then season your Pigeons or Rabbets, and take two Nutmegs grated with your seasoning, then lay your Rabbet in the Pie, and one pound of butter, if you heat the pie hot, then put in two or three slices of Lemon, and two or three blades of Mace, and as many branches of Barberies, and a good piece of fresh Butter melted, then take it, and let it stand an hour and half, but put not in the fresh butter till it comes out of the oven.

To make a puffe Paste.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty

pretty thick and square, then take so much Butter as paste, and lay it in rank, and divide your Butter in five pieces, that you may lay it on at five severall times, roul your paste very broad, and take one part of the same Butter in little pieces all over your paste, then throw a handful of flower slightly on, then fold up your paste and beat it with a rouling pin, so roul it out again, thus doe five times and make it up.

A Pudding.

Take a quart of Cream, and two Eggs, beat them, and strain them into the cream, and grate in a Nutmeg and half, take six spoonfuls of flower, beat half a pound of Almonds with that cream, and put it into the cream, and mix this together, boil your pudding an hour and no more; First flower the bag you put it in, then melt fresh butter, and take Sugar and Rosewater, beat it thick, and pour it on the pudding, you may put to a little Milk, and stick blanched Almonds, and Wafers in it; add to the same pudding, if you will, a pennie loaf grated, a quartern of Sugar, two Marrow bones, one glasse of Mallago Sack,

six dates minced, a grain of Amber-griece, a grain of Musk, two or three spoonfuls of Rosewater, bake this pudding in little wood dishes, but first butter them, your Marrow must be stuck to and again, then bake it half an hour, five or seven at a time, and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set four round, and one in the the top.

Frigasie of Veal.

Cut your meat in thin slices, beat it well with a rouling pin, season it with Nutmeg, Lemon, and Thyme, fry it slightly in the pan, beat two eggs, and one spoonful of verjuyce, and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, and salt, mince some Thyme, and Lemon, and throw it upon your meat, then fry it slightly in a pan, then throw in two Eggs beaten in Verjuyce and Sugar into the the pan, also a handful of Goosberries, shake it together and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them in thin slices, season them with Thyme & Lemon minced Nutmeg and salt, a handful of Sorrel minced, and then fry it well with six spoonfuls of water, and some fresh Butter, when its tender, take three spoonfuls of Verjuyce, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another Frigasie of Chickens.

Take the former Ingredients, and adde to it, boyled Hartechoak bottomes, with the meat of the leaves, and a handful of scalded Goosberries, and boiled Skerrets and Lettice tos'd in butter when they are boiled, adde two spoonfuls of Sugar, two Eggs and Verjuyce beaten together, and lay your Lettice upon your Chickens, as before, and sliced Lemon upon it, and sippets about the dish.

A Frigasie of Rabbets.

Cut your Rabbets in small pieces, and mince a handful of Thyme and Parsley together, and a Nutmeg, Pepper and Salt, season your Rabbets, then take two Eggs, and veerjuyce beaten together, and throw it in the pan, stick it, and dish it up in sippets.

To harſh a Shoulder of Mutton.

Half roaſt your Mutton at a quick fire, cut it in thin ſlices, ſtew it with Gravy, ſweet Majoram, and Capers, and Onions, three Anchovies, two Oyſters, half a Nutmeg, half a ſliced Lemon, ſtirre this altogether with the meat, let it ſtew till it be tender in a diſh, then break three or four yolkes of Eggs, and throw it in the diſh with ſome Butter, toſs it well together, and diſh it with ſippets.

To make a Cake.

Take half a peck of Flower, two pound and half of Currans, three or four Nutmegs, one pound of Almond paſte, two pound of Butter, and one pint of Cream, three ſpoonfuls of Roſewater, three quarters of a pound of Sugar, half a pint of Sack, a quarter of a pint of Yeſt, and ſix Eggs, ſo make it, and bake it.

To make a Leg of Mutton three or four diſhes.

Take a Leg of Mutton, cut out the fleſh

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and the bone, but ſave the skin whole, divide the meat in three pieces, and take the tendereſt, and cut it in thin ſlices, and beat it with a rouling pin, ſeaſon it with Nutmeg, Pepper, and Salt, and mince Thyme and Lemon peel, fry it till it be tender, then beat two Eggs with a ſpoonfull of Verjuyce, throw two Anchovies into the pan, ſhake it altogether, and put it into the diſh with ſippets round the diſh, being dreſt with Barberries ſcalded, Parſly and hard Eggs minced.

Another part of the ſame meat ſtew in a diſh, with a little white Wine, a little Butter, and ſliced Lemon, one Anchovy, two Oyſters, two blades of Mace, a little Thyme in a branch, and one whole Onion, take out the Thyme and the Onyon when it is ſtewed, doe it altogether on a chafing-diſh of coales till it be tender, then diſh it, garniſh your diſh with hard Eggs, and Barberries, and ſliced Lemon, and ſippets, round the diſh.

Take another part of the ſame meat, mince it ſmall with Beef-ſuet, and a handfull of Sage, to three quarters of a pound of ſuet adde one pound of meat, you may uſe a ſpoonfull of Pepper and Salt, mix

this

this altogether, and ſtuffe the skin of the Leg of Mutton, hard skiver it cloſe, and ſpit it at a quick fire, and well roaſt it in an hour.

Take another part of the ſame meat, then put in the Pepper and Salt, with a grated Nutmeg, ſome ſweet Hearbs, and a Lemon peel minced, a penny loaf grated, one ſpoonfull of Sugar, a quarter of a pound of Raiſins, and a quartern of Currans, mince altogether with the Meat, and the Suet, and the reſt of the Ingredients, put too two ſpoonfuls of Roſewater, and as much Salt as Spice, then make it up in little long boles or roules, and butter your diſh, and lay them in with a round bole in the middeſt, ſet them in an oven half an hour, then pour out the liquour which will be in the diſh, and melt a little Butter, Verjuyce, and Sugar, and pour upon it, garniſh your diſh, ſtick in every long roul a flower of paſte, and a branch in the middle.

To ſouce an Eele.

Scoure your Eele with a handful of Salt, ſplit it down the back, take out the chine bone, ſeaſon the Eele with Nutmeg, Pep-

per,

per, and Salt, and sweet Hearbs minced, then lay a packthread at each end, and the middle roul up like a Coller of Brawn, then boyle it in Water, and Salt, and Vinegar, and a blade or two of Mace, and half a sliced Lemon, boyle it half an hour, keep it in the same liquor two or three dayes, then cut it out in round pieces, and lay six or seven in a dish, with Parsly and Barberries, and serve it with Vinegar in saucers.

To sounce a Calfes head.

Boyle your Calfes head in Water and Salt so much as will cover it, then put in half a pint of Vinegar, a branch of sweet Hearbs, a sliced Lemon, and half a pint of white Wine, two or three blades of Mace, and one ounce or two of Ginger sliced, boil it altogether till it be tender, keep it in the liquor two or three dayes, serve it, the dish upright, and stick a branch in the mouth, and in both the eyes, garnish the dish with Jelly or pickled Cowcumbers with saucers of Vinegar, and Jelly, and Lemon minced.

A ſtewed Rabbit.

Cut your Rabbit in pieces, and ſeaſon it with Pepper, and Salt, Thyme, Parſly, winter Savory, and ſweet Majoram, three Apples, and three Onions minced altogether, ſtew it till it be tender with Vinegar and Water, put a good piece of Butter in, ſtir it together in your diſh, put ſippets in the bottom, then ſerve it up with the head in the middle of the diſh, with ſippets in the mouth.

Lay your Pig in the ſame Ingredients you did for your Calfes head, uſe the ſame for a Capon, and the ſame for a Leg of Mutton.

To boyle Chickens.

Boyl your Chickens in Water, and Salt, and Wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skerrets boyled and blanched, when the Chickens and theſe things are ſtewed, take a pint of liquor up, and put to a quarter of a pint of white Wine, and one ounce and half of Sugar,

and

and three Eggs to thicken it, a piece of Butter to lay them in the diſh, and pour it on.

To boyle a Rabbit.

Boyle them in Water and Salt, mince Thyme and Parſly together, a handful of each, boyle it in ſome of the ſame liquor, then take three or four ſpoonfuls of Verjuyce, a piece of Iriſh Butter, two or three Eggs, ſtir the Eggs together in the liquor, ſet it upon the fire till it be thick, then pour it upon the Rabbit, ſo ſerve it in.

To boyle a Duck.

Half roaſt your Duck with a quick fire, take as much Wine and Water as will cover them, take ſome Thyme and Parſly, and one handful of ſweet Majoram, two blades of Mace, half a Lemon ſliced, ſtew theſe together half an hour without Onions, take ſome of your liquor and thicken it with three or four Eggs, two or three ſpoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lye upon it, diſh your Duck, and boyle three or four ſlices

of

of Lemon by it ſelf, and hard Eggs minced, put this upon your Duck, then pour your liquor upon it with Barberries; ſo you may boyle Pigeons with the ſame Ingredients, or Plover, or Teale.

A roaſted Shoulder of Mutton.

When it is roaſted ſlaſh it, and carbonado it, take two ſpoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oyſters, mixed altogether, boyle them one hour in ſtrong broth and white Wine, then pour it upon the meat, with hard Eggs minced, and ſippets round the diſh, throw firſt Salt on the meat, then the hard Eggs, ſliced Lemon, and Barberries.

FINIS.